

Raleigh Parks & Recreation Department

Leisure Ledger

January-April 2006



Above Photo: The Kite Flying Group at Fred Fletcher Park

3

Easy Ways to Register

Mail-in

Dec 6, 2005

Walk-in & Reclink

Dec 20, 2005

parks.raleighnc.gov

A guide to Raleigh Parks and Recreation Department's programs, special events, and facilities

Leisure Ledger

January-April 2006

The purpose of Raleigh Parks and Recreation Department is to actively encourage, provide, promote and protect quality leisure, recreation and cultural opportunities, facilities and environments that are essential for the enhancement of the lives of our citizens.

Dear Raleigh Citizens,

Discover the possibilities of Raleigh Parks and Recreation.

You may decide that you need something more to compliment your life—friendship, community, adventure, or self-growth. You may need an escape from your daily routine. For whatever reason, the world around you offers itself to exploration. At Raleigh Parks and Recreation we understand that quality leisure, recreation, and cultural opportunities greatly enhance the lives of Raleigh citizens.

Our parks and lakes are stomping grounds for friends and families to play, jog, fish, and relax. These natural spaces also preserve plant life, and improve air, water, and soil quality for all of us. Parks also promote high standards of living which in turn attracts tourism and business and enhances property values.

We hope to see you in the parks!

Raleigh Parks and Recreation Staff

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Raleigh City Council*

Mayor: Charles C. Meeker
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Tommy Craven
Thomas G. Crowder
Joyce Kekas
Philip R. Isley
Michael Regan
Jessie Taliaferro

Parks, Recreation & Greenway Advisory Board Members*

Chair: Jan E. Kirschbaum
Vice Chair: Patricia M. Johnson
Patrick Beggs
Richard Bostic
Greg Barley
Peter Benda
Dr. Norman Camp
Tina J. Certo
Mary Alice Farrell
Tina C. Gordon
David Knight
Wayne Marshall
Christopher Smith
Gail Till
Rudolph "Rudy" Williams

* at time of printing

Parks, Recreation and Greenway Advisory Board Meetings are held on the 3rd Thursday at 5:30pm of each month at the Jaycee Park module. The public is invited to attend.

Executive Staff

Director: Jack C. Duncan

Recreation Superintendent for Operations:

Randy Ray

Recreation Superintendent for Services:

Diane Sauer

Parks Superintendent:

Wayne Schindler

Building Maintenance Superintendent:

Billy Jackson

Design/Development

Administrator:

Dick Bailey

Program Development & Marketing Administrator:

Kellee Brown

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3 Easy Ways to Register

In order to find classes and programs faster and easier, you can now search the Leisure Ledger by Activity Categories. For a listing of all classes and programs held at a particular facility, pick up a community center brochure or search online with RecLink—the new Raleigh Parks and Recreation online registration system. The Leisure Ledger will continue to highlight Raleigh Parks and Recreation participants through photos and features—so keep an eye out for neighbors, friends, or even your family!



Mail-in



Walk-in



Online

Register online with RecLink at parks.raleighnc.gov

parks.raleighnc.gov

City of Raleigh Parks and Recreation
P.O. Box 590 • Raleigh, NC 27602

Frequently Called Numbers

General Information

Visit our web site at: Parks.RaleighNC.gov

To update, add, or delete your name from our mailing address, call 831-6640 or send in a registration form with the appropriate box checked describing the service that you need.

Recreation Division 831-6640
Administration Division 890-3285
Adopt-A-Park 872-4115
Corporate Leisure Services
 831-6640 ext 6862
Greenways 890-3285
Maintenance/Parks Division 872-4115
Marketing and Program Development Division 831-6686
Urban Forestry 872-4115

Program Areas

Adults and Senior Adults Program
 831-6851
Adventure Program 831-6855
Aquatics and Swimming Pools
831-6852
Arts Program 831-6854
Athletics Program 831-6836
Athletics Leisure Line Update
 831-6575 (24 hr. recording)
Community Centers Program
 831-6685 / 831-6677
English as a Second Language Program
 831-6640 ext 6844
Lakes and Pullen Amusements
 807-8377
Nature Programs 831-6856
Specialized Recreation Services:
 Supervisor 831-6835
 Adults 831-6640 ext 6845
 Aquatics 831-6640 ext 6849
 Hearing Impaired 831-6640 ext 6846
 Visually Impaired 831-6640 ext 6847
 Youth 831-6640 ext 6848
 Special Olympics Wake County
 807-8378
Special Programs 831-6684
 After School Program
 Computer Labs
 Summer Camps
Tennis Program 872-4128
Teens Program 831-6688

Facilities

Arts Centers

Pullen Arts Center 831-6126
 105 Pullen Road, 27607
Sertoma Arts Center 420-2329
 1400 W. Millbrook Road, 27612

Lakes

Lake Benson 662-5703
 Buffalo Road, Garner, 27529
Lake Johnson 233-2121
 4601 Avent Ferry Road, 27606
Lake Wheeler 662-5704
 6404 Lake Wheeler Road, 27603
Shelley Lake 420-2331
 1400 W. Millbrook Road, 27612

Nature Parks

Brookhaven Nature Park 831-6856
 5125 Berkeley Street, 27612
Durant Nature Park 870-2871
 8305 Durant Road, 27614

Picnic Shelters

The following parks have picnic shelters available on a first come/first serve or rental capability. Shelters are rented either on a half day of full day basis and take precedence when rented. Inquiries and mail for certain shelters should be sent to the c/o site. Those parks with shelters that are not listed below are available on a first come/first serve only basis.

Anderson Point 831-6640 ext 6041
Bailewick c/o Lake Lynn
 870-2911
Biltmore Hills 831-6895
Brentwood c/o Green Road
 872-4140
Carolina Pines 831-6435
Cedar Hills c/o Optimist 870-2880
 Chavis 831-6989
Durant Nature Park 870-2871
Eastgate c/o Millbrook 872-4156
Fallon c/o Optimist 870-2880
Green Road 872-4140
Jaycee 831-6833
Kingwood Forest c/o Biltmore
 831-6895
Kiwanis c/o Optimist 870-2880
Lake Johnson 233-2121
Lake Wheeler 662-5704
Marsh Creek c/o Green Road
 872-4140
Method 831-6066
Millbrook 872-4156
Glen Eden Pilot c/o Jaycee
 831-6833
Lions 831-6995
North Hills c/o Optimist
 870-2880
Peach Road 807-8545
Powell Drive c/o Method
 831-6066
Pullen Amusements 831-6468
Ralph Campbell 250-2757
Roberts 831-6830
Sanderford Road c/o Biltmore Hills
 831-6895
Southgate c/o Lions
 831-6995
Spring Forest Road c/o Green Road
 872-4140
Tarboro Road 831-6505
Williams Park c/o Sertoma Park
 420-2329
Worthdale 250-2730

Special Athletic Facilities

Buffaloe Road Athletic Park 831-6836
 5812 Buffaloe Road, 27616
Cedar Hills Park
Disc Golf Course 870-2880
 5600 Sweetbriar Street, 27609

Kentwood Park

Disc Golf Course 831-6435
 4531 Kaplan Drive, 27606
Lions Park BMX Track 831-6995
 516 Dennis Avenue, 27604
Marsh Creek Park
Inline Hockey Rink 831-6836
 3016 New Hope Road
Millbrook Exchange
Tennis Center 872-4128
 1905 B Spring Forest Road, 27615
Walnut Creek
Softball Complex 250-2725
 1201 Sunnybrook Road, 27610

Special Facilities

All Children's Playground
c/o Laurel Hills Park 420-2383
 3808 Edwards Mill Road, 27612
Anderson Point Park 831-6640 ext 6041
 10 Rogers Lane, 27610
Bailewick Road Park 870-2911
 9501 Bailewick Road, 27615
Borden Building
at Fletcher Park 831-6430
 820 Clay Street, 27605
Buffaloe Road Athletic Park 831-6836
 5812 Buffaloe Road 27616
Method Pioneer Building 831-6066
 516 Method Road, 27607
Millbrook Exchange
Off-Leash Dog Park 872-4156
 1905 Spring Forest Road, 27615
Mordecai Historical 857-4364
 1 Mimosa Street, 27604
North Hills Park 870-2880
 100 Chowan Circle, 27609
Oakwood Park 831-6995
 910 Brookside Drive, 27604
Pullen Amusements 831-6468
 520 Ashe Avenue, 27606
Raleigh Little Theatre/
Rose Garden 821-4579
 301 Pogue Street, 27607
Spring Forest Road Park 872-4140
 4203 Spring Forest Road, 27616
Theatre in the Park 831-6936
 105 Pullen Road, 27607
Tucker House 831-6009
 418 N. Person Street, 27601
Williams Park 420-2329
 6601 Leadmine Road, 27612

Staffed Community Centers with Gymnasiums

Biltmore Hills 831-6895
 2615 Fitzgerald Drive, 27610
Carolina Pines 831-6435
 2305 Lake Wheeler Road, 27603
 Chavis 831-6989
 505 MLK Jr. Boulevard, 27601
Green Road 872-4140
 4201 Green Road, 27604
Halifax 831-6378
 1015 Halifax Street, 27604
Jaycee 831-6833
 2405 Wade Avenue, 27607
Lake Lynn 870-2911
 7921 Ray Road, 27613
Laurel Hills 420-2383
 3808 Edwards Mill Road, 27612

Lions 831-6995

516 Dennis Avenue, 27604
Method 831-6066
 514 Method Road, 27607
Millbrook Exchange 872-4156
 1905 Spring Forest Road, 27615
Optimist 870-2880
 5900 Whittier Drive, 27609
Roberts 831-6830
 1300 E. Martin Street, 27610
Tarboro Road 831-6505
 121 N. Tarboro Road, 27610
Worthdale 250-2730
 1001 Cooper Road, 27610

Staffed Centers without Gymnasiums

Peach Road 807-8545
 911 Ileagnes Road, 27603
Pullen 831-6052
 408 Ashe Avenue, 27606
Ralph Campbell 250-2757
 756 Lunar Drive, 27610
Southgate 831-6719
 1801 Proctor Street, 27610
Walnut Terrace 831-6155
 111 W. Lee Street, 27601

Unstaffed Neighborhood Centers

Inquiries and mail for unstaffed neighborhood centers should be sent to the c/o site.
Brentwood c/o Green Road 872-4140
 3315 Vinson Court, 27604
Eastgate c/o Millbrook 872-4156
 4200 Quail Hollow Drive, 27609
Garris Building c/o Jaycee 831-6833
 820 Clay Street, 27605
Glen Eden Pilot c/o Jaycee 831-6833
 1500 Glen Eden Drive, 27612
Kiwanis c/o Optimist 870-2880
 2525 Noble Road, 27608
Powell Drive c/o Method 831-6066
 740 Powell Drive, 27606
Sanderford Rd c/o Biltmore Hills
 831-6895
 2623 Sanderford Road, 27610
John P. "Top" Greene Center
c/o Chavis 831-6989
 401 MLK Boulevard, 27601

Swimming Pools - Summer

Biltmore Pool 831-6736
 701 Crown Crossing Lane, 27529
Chavis Pool 831-6665
 501 MLK Jr. Boulevard, 27601
Lake Johnson Pool 233-2111
 1416 Athens Drive, 27606
Longview Pool 831-6343
 321 Bertie Drive, 27610
Millbrook Pool 872-4130
 1905 Spring Forest Road, 27615
Ridge Road Pool 420-2322
 1709 Ridge Road, 27607

Swimming Pools - Year Round

Pullen Aquatic Center 831-6197
 410 Ashe Avenue, 27606
Optimist Pool 870-2882
 5902 Whittier Drive, 27609

Unique Facilities

Amusements

Chavis Carousel

2006 Hours of Operation

Opening May 6

Hours to be announced

Tickets are \$1 each. Tickets may be purchased at the Carousel or Chavis Community Center and may be used at any time.

Pullen Park Amusements

2006 Hours of Operation

March 10-26	M-Th	closed
	F,Sa	10:00am-5:30pm
	Su	1:00-5:30pm
Mar 27-Apr 30	M-F	10:00am-5:30pm
	Sa	10:00am-6:30pm
	Su	1:00-6:30pm

BMX Track

Bicycle Motorcross Track

Capital City BMX, home of ABA Pro Brandon Hopkins, would like to invite you to visit the track at Lions Park off Capital Boulevard in Raleigh. BMX racing is exciting fun for the entire family! Racing season is from February to mid-December. To be eligible to race, you must first become an American Bicycle Association (ABA) member. The fee is \$45 a year and trial memberships are also available. Membership applications can be obtained at the track during practice nights or Sunday races. Practices are Thursdays and Saturdays from 5:00pm until dark. Races are every Sunday with registration from 1:00-2:30pm with racing starting as soon as possible after registration. The fee for racing is \$8. Contact our hotline at 834-4BMX or visit our website at www.ccbmx.com for more information. See you at the races!

Arts Centers

Pullen Arts Center

105 Pullen Road Raleigh, NC

Director: Robbie Stone (919) 831-6126

Pullen Arts Center offers specialty studio programs in jewelry-making, printmaking, weaving, and glass arts, in addition to classes in painting, drawing, and pottery. The extensive studios and equipment, and the well-trained core of instructors make these studios some of the most desired in the area.

Sertoma Arts Center

1400 W. Millbrook Road Raleigh, NC 27612

Director: Kiley Holder (919) 420-2329

Along with classes in painting, drawing and pottery, Sertoma Arts Center offers a well-equipped black and white darkroom studio, making it possible for adults to experience the art of photography. Programs in music, dance, and fitness allow participants to improve their health and vitality while engaged in the arts.

Historic Homes

Mordecai Historic Park

1 Mimosa Street Raleigh, NC 27604

Park Office: 919-857-4364

Mordecai Historic Park is a 5 acre historic site managed by the City of Raleigh Parks and Recreation Department.



The Mordecai house and grounds were once the seat of one of the largest plantations in Wake County, encompassing more than 5,000 acres. Today, the Mordecai House is one of the oldest residences in Raleigh and the oldest on its original foundation. The home was originally built in 1785 by Joel Lane but the house takes its name from Moses Mordecai, who twice married into the Lane family, first to daughter Margaret and after her death to her sister Ann. Before his death in 1824, Moses Mordecai hired William Nichols, then State Architect, to enlarge the original house. This addition is considered a significant work of Nichols and transformed the house into a Greek Revival mansion. The Mordecai's were prominent in local and state affairs and their furnishings and affects remain on exhibit in the main house at the park. There are also several outbuildings that can be toured including a kitchen, law office, chapel, post office and the birthplace of Andrew Johnson, 17th President of the United States. Park Hours: Mordecai Historic Park is open for tours Tuesday-Saturday, 10am-4pm and Sunday 1-4pm. Park grounds are open one hour after sun up and one hour before sunset every day. Call the park office for more information.

Narrated Mordecai Tours: Docent led tours of Mordecai Historic Park start on the hour beginning at 10am Monday-Saturday with the last tour starting at 3pm. Tours last one hour and visitors are invited back in time to see and experience old Raleigh at its best. Tour tickets are \$5 Adult, \$3 for Youth (7-17), and children 6 and under are free.

Education Programming: Mordecai Historic Park invites your group to visit for a hands-on field trip experience! Mordecai is proud to offer exciting history educational programs

for students or groups that focus on the people, structures, and events that have shaped the City of Raleigh since 1785. A visit to Mordecai is the perfect way to show your students how fun active learning can be. To schedule a program or receive an education packet please contact Terra Steinbeiser (terra.steinbeiser@ci.raleigh.nc.us), Mordecai Historic Park Assistant Site Manager at 857-4362.

Historic Raleigh Trolley: The narrative Historic Raleigh Trolley Tour operates every Saturday March-December from 11:00am-3pm. The narrated tour lasts one hour with stops throughout downtown. The Trolley departs from Mordecai Historic Park on the hour, but can be boarded at any stop along the tour. See the trolley route map (click link to the left) for stop locations.

Tickets are \$8 for adults, \$4 for youth (age 7-17). Children 6 and under are free. For more information, contact Mordecai Historic Park at (919) 857-4364.

Rental Facilities: St. Mark's Chapel and grounds are available for individual and group rentals. Located in the heart of downtown Raleigh, Mordecai Historic Park's charming St. Mark's Chapel provides a warm, intimate setting for any small wedding or gathering. Additionally, the Ellen Mordecai Garden and grounds, make a unique and memorable backdrop for your special day. For more information on park rentals, please call the park office at 857-4364.

Rental Rates

St Mark's Chapel: \$100/hour, 2 hour minimum, \$75 damage/clean-up refundable deposit.

Mordecai Grounds: \$100/hour, 2 hour minimum, \$75 damage/clean-up refundable deposit.

Combination Rental Package: \$500/ 8 hours use of chapel and/or grounds., \$75 damage/clean-up refundable deposit.

Volunteer Opportunities: Mordecai needs you! A variety of meaningful volunteer opportunities are available for individuals and/or groups on a one time or continuing basis. There are many opportunities to help from gardening, house docents, special events, and other activities. To volunteer at Mordecai Historic Park, fill out the Volunteer form and return to the park office or feel free to contact us at 857-4364 for more information.

For more information contact:

Mordecai Historic Park

Parks and Recreation Department

1 Mimosa Street Raleigh, NC 27604

919-857-4364

Troy Burton - troy.burton@ci.raleigh.nc.us

www.raleighnc.gov/mordecai

Historic Homes continued next page —

Unique Facilities

Historic Homes continued —

The Tucker House

The Tucker House was built in 1914 for Garland S. Tucker, owner of G.S. Tucker Furniture Company. The home was donated to the City of Raleigh by the Tucker Family in 1975. At that time, the home was located one block west, at 420 N. Blount Street. It was moved to its present site by the City and renovated as a Community Meeting House. Many house furnishings have been donated by families of deceased members of the Oakwood Community. Today the downstairs portion of the Tucker House is available for weddings, receptions, meetings, small conferences and other approved functions. For more information contact Elaine Ford at 831-6009 or Lynne Mullins at 831-6640.

The Borden Building

The Borden Building is one of the two remaining buildings on the former campus of the Methodist Home for Children. Built in 1900, it was the home of the Superintendent of the Orphanage and later served as home to hundreds of children. Purchased by the City of Raleigh in 1982, the house and its companion, Fred Fletcher Park provides a wealth of history and tranquility in an urban setting. The Borden Building was extremely renovated in 1992 and is presently available for weddings, receptions, meetings, small conferences, and other approved functions. For more information contact Janet Plummer at 831-6430 or Lynne Mullins at 831-6640.

Lakes Facilities

Lake Johnson Park

4601 Avent Ferry Road
Raleigh NC, 27606
(919) 233-2121

Park Manager - Lila Mill

Email: Lila.Mill@ci.raleigh.nc.us

Assistant Park Manager - Coley Hughes

Email: Coley.Hughes@ci.raleigh.nc.us
Year-round

Lake Wheeler Park

6404 Lake Wheeler Road
Raleigh NC, 27603
(919) 662-5704

Park Manager - Chris Murray

Email: Chris.Murray@ci.raleigh.nc.us

Assistant Park Manager - Ben Coats

Email: Ben.Coats@ci.raleigh.nc.us
Year-round

Shelley Lake

1400 W. Millbrook Road
Raleigh NC, 27612
(919) 420-2331

Park Manager - Alex Cardinell
Seasonal

Lake Benson Park

1807 Buffalo Road
Garner NC, 27529
(919) 919-662-5703
Seasonal

Boat Rentals

A variety of motorized and non-motorized boats are available for rent at each of the Raleigh Lakes (weather and temperature conditions permitting) (see below). At least one person in the boat must be 16 or older. Availability of boat types varies at each lake facility. Please contact each facility for additional information.

Jon Boats

\$3/hour w/o motor
\$15/all day w/o motor
\$8/hour w/motor
\$40/all day w/motor

Pedal Boats

\$5 per 1/2 hour
\$7/hour

Canoes/Kayaks

\$4/hour

Sunfish Sailboats \$10/hr

\$10/hour (\$20 deposit -
1 person must be at least 18)

Please Note: Individuals desiring to rent a jon boat may bring their own electric motor (gas motors are prohibited at Lake Johnson, Shelley Lake, and Lake Benson). Individuals desiring to rent a Sunfish Sailboat must first demonstrate proof of experience. Inexperienced users will not be permitted to rent a sailboat.

Factors Affecting Boat Rentals:

Inclement Weather. Upon first hearing of thunder or notice of lightning, all rental boats will be required to return to the waterfront center. In addition, rental boats will not be rented during inclement weather. Boat rental operations may again take place 30 minutes after a storm has passed. High winds resulting in small white cap conditions will preclude boat rental operations from taking place. Again, it is a good idea to call ahead to determine current conditions.

Winter rentals (Jon boats & Pedal boats only):

Boat rentals from November through March will be based on the 100 degree rule, which was taken from the Coast Guard method of analyzing hypothermia scenarios. Both the water and air temperatures will be taken on a daily basis. If both temperatures combined add up to 100 degrees or more, then boat rentals will be allowed. If the combined water and air temperatures fall below 100 degrees, then no boat rentals will be conducted. Please call park office for daily conditions.

Private Boat Launchings

Lake Wheeler & Lake Johnson Only

* Beginning this year, season boat launch passes can be used at Lake Johnson and Lake Wheeler (non-motorized and non-trailered boats only)

Lake Johnson

Privately owned boats (non-trailered and non-gas powered) may be launched at Lake Johnson upon payment of a nominal mandatory launch fee (see below). Private

boats may be launched anytime between sunrise and sunset, 7-days a week, year-round, at Lake Johnson unless the park has been closed due to a city-wide special event. Any park/lake closing will be announced in advance. Boats must be off the water 15 minutes prior to sunset. Boats may be launched at the designated area located on the beach. Boats shall not be launched from private property surrounding the lake. Vehicles driving towards the lake should halt at the loading zone sign adjacent to the Waterfront Program Center and proceed to the concession area where the launch passes can be purchased.

Lake Wheeler

Powerboats of most types, along with all non-motorized craft may launch at Lake Wheeler. It should be noted however, that personal watercraft (PWC's) — a formal term used to describe jet-ski type of boats — are not allowed to launch at Lake Wheeler as per City of Raleigh Ordinance. In addition, Lake Wheeler has also enacted (per City Ordinance) limited no-wake hours from sunrise to 11am on Tuesdays, Thursdays, and Saturdays year-round. Boats of all types (with the exception of PWC's) may launch during these no-wake hours however, the operators of these boats must operate their craft in a manner that will not create sizeable wakes. These limited no-wake hours were enacted to afford a variety of very small fishing boats and non-motorized boat users the opportunity of using the lake without fear or concern for dangerous wakes that can interrupt recreational activities.

Private boats may be launched anytime between sunrise and sunset, 7-days a week, year-round, at Lake Wheeler unless the park has been closed due to a city-wide special event. Any park/lake closing will be announced in advance. Boats must be off the water 15 minutes prior to sunset. All boats must launch by the designated launching docks. Boats may not launch from any other area along the lake to include the old Penny Road launch area, nor can boats launch from private property surrounding the lake. The speed limit on Lake Wheeler is 40 mph. Established launch fees are not based on boat type, but a general recreational fee levied upon users for the right to place a boat on Lake Wheeler. Boaters should first halt at the stop sign adjacent to the Waterfront Program Center and then proceed to the concessions area to pay launch fees.

Launch Fees

Full season: Jan 1-Dec 31

Half season: Jul 1-Dec 31

City of Raleigh Residence

\$4 Daily \$100 Season Pass \$50 Half Season

Non-City of Raleigh Residence

\$6 Daily \$150 Season Pass \$75 Half Season

Senior Citizen \$1.75 Daily

Unique Facilities

Fishing Opportunities

There are many opportunities for fishing at Raleigh Lakes. We ask that you please follow these guidelines.

- Because the lakes are considered secondary water reservoirs, bank fishing (from the shores) of Lake Benson, Johnson, and Wheeler are prohibited by Raleigh City Ordinance.
- Fishing is permitted from Lake Johnson boardwalk, designated fishing piers, dock Simpkins Pond, and Shelley Lake shorelines. Fishing from any boat is allowed at all Lakes. Please check each facility for regulations and/or fees.
- Please deposit all trash in receptacles.

Lake Wheeler

Fees (mandatory for all patrons fishing on foot, ages 12-62)

City of Raleigh Residence \$2.50 Daily
Non-City of Raleigh Residence \$3 Daily

Bait sales available at Lake Johnson, Shelley Lake and Lake Wheeler

Fishing Tackle Loaner Program

Want to have fun like you've never had before? Go fishing! Whether you're 8 or 88 years young, you can borrow a rod and reel from us for FREE. Just like checking out a book at the library. When a participant signs up for the program and completes the registration form, the participant will be issued a permanent rod & reel loaner card

and may check out a rod & reel for a certain amount of time. The card must be kept in the park office while the participant is borrowing the equipment. If equipment is not returned or returned in poor condition, they will lose their card and benefits.

The program is designed to introduce children and adults to the wholesome outdoor activity of angling. Currently, 27 states take part in the Program. It allows kids and adults to go fishing anytime of the year, regardless of experience or amount of personal equipment. So, come out, soak up the sunshine, take in the fresh air, and get ready for extra excitement when the big one bites! Available at all Raleigh lakes.

For additional information or to gain more experience in the sport of angling, make sure to check out our various fishing classes that are offered.

Lake Facility Rentals

The Conference Rooms and open deck areas at both Lake Johnson and Lake Wheeler offer a beautiful setting to hold a variety of special events including: weddings/receptions, family reunions, company outings, business meetings, etc. The Conference Rooms, which are 25' x 40', overlook a scenic view of the lakes. The rooms include a warming kitchen that consists of a refrigerator, microwave, coffee pot, and countertop

space. Reservations should be made in advance. Also, available to rent is our large deck area with a covered verandah. Individuals/organizations desiring to have beer and wine present for their functions should contact the Park Office for additional details and requirements.

Rental Prices:

Conference Room \$50 per hour
Conference Room, and Verandah \$80 per hour
Conference Room, Deck and Verandah \$110 per hour

Non-refundable cleaning fee \$50

Refundable security deposit \$75

*Additional fees may apply

Magnolia Cottage at Lake Johnson

The Magnolia Cottage offers a truly unique and innovative dimension to the recreational experience. Nestled deep within the serene woods, the house has a picturesque and peaceful setting ideal for both intimate and professional functions, and a host of recreational activities. Built by a student of Frank Lloyd Wright, the Magnolia Cottage mirrors the mastery in design and the use of light the architect is noted for. These architectural elements are evident in all three of its spacious and inviting rooms, in addition to an enclosed screened porch and private, outdoor deck.

Rental Price

\$250 for a minimum of 4 hours

\$50 each additional hour

\$50 non-refundable cleaning fee

\$75 refundable security deposit

*Additional fees may apply

Additional Fees

- Audio Visual Equipment: (availability of equipment varies per facility) There is a flat \$20 daily fee if equipment is requested. Equipment may include TV with VCR, overhead transparency projector, slide projector, etc.
- Linens: Lake Johnson Park offers a variety of linens for all of your party or meeting needs. Contact park office for more information as prices may vary depending on size and color.
- Deposit: a \$75 refundable cleaning/security deposit will be required. Deposit will be returned if conference room or Magnolia Cottage is restored in the same condition as found.
- Fee: a \$50 non-refundable cleaning fee will be required. This fee covers the cleaning prior to and after your rental as well as the set-up/break-down.
- After-Hours Fee: Rentals lasting beyond normal park closing hours (sunset) will require an additional \$20/hour charge to maintain a part-time park employee on hand. No rentals past 12:00am.

Covered Picnic Shelters

Size of shelters varies at each lake facility. Please contact park office for more information.



Covered Picnic Shelters continued next page —

Unique Facilities

Covered Picnic Shelters continued —

Large Picnic Shelters (Lake Wheeler)

150-175 patrons \$45/half-day

- Deposit: A \$50 refundable cleaning/security deposit will be required for small shelters. Deposit will be returned if shelter is restored in the same condition as found.
- Deposit: A \$75 refundable cleaning/security deposit will be required for large shelters. Deposit will be returned if shelter is restored in the same condition as found

Medium Picnic Shelters (Lake Johnson)

30 patrons \$35/half-day

*For reservations at Lake Benson Park, please contact Garner Parks and Recreation at (919) 772-4688

Eagle Scout and Group Volunteer Projects

The Raleigh Lakes have become one of the premier sites in the triangle for Eagle Scout and group volunteer projects. Many projects have already been completed—to the absolute delight of thousands of park visitors. A variety of projects are available for construction and specific information may be obtained by contacting the Park Managers at each lake facility. All eagle projects will require approval and should meet the criteria of aesthetics, durability, and functionality. Although materials are not available at this site, various methods can be used to secure their use: fund raisers, donations, car washes, etc. Projects include (but are not limited to): trash barrel enclosures, concrete & stone barbecue grills, hiking trail bridges, commercial picnic tables, park benches, park front entrance enhancements, trail enhancement projects, etc.

Lake Extras!

New Multi-color 5" x 7" Postcards available for sale at Lake Wheeler. Each post card features a collage of images depicting a specific theme.

1. Fall/Winter Activities
2. Summer Activities
3. Facilities
4. The Waterfront Program Center

Purchase four cards for \$1, or acquire in bulk for discounted prices (100 or more)

Tennis Center

Millbrook Exchange Tennis Center

1905B Spring Forest Rd

Tennis Director: David Bell 872-4128

Building Hours

Jan-Feb	M-F	9am-6pm
	Sa,Su	11am-3pm
Mar-Apr	M-F	9am-9:30pm
	Sa,Su	9am-6pm

Court lights are on everyday until 10:30pm.

The Millbrook Exchange Tennis Center serves as the flagship facility for the City of Raleigh Park

and Recreation Tennis Program. This fully functional tennis facility includes 23 lighted courts, a doubled sided stand alone fenced in backboard, a conference and meeting center, observation deck and pro shop. The pro shop sells tennis balls, tennis accessories, and beginner adult and junior racquets and has a stringing service which guarantees a 24 hour turn around time. In addition, there is an active drop in doubles challenge court and a ball machine for rent. Monday and Thursday mornings are "senior" play days for senior adults age 55 and throughout the year. Play begins at 9am. This is a drop in mixer with all levels of play. Players can simply show up to play without pre-registering.

Rental Facilities

Anderson Point

10 Anderson Point Drive

Park Manager - Lynne Mullins

Office: 919-831-6640

Fax: 919-831-6470

Email: Lynne.Mullins@ci.raleigh.nc.us

Plan Your Corporate Meetings, Team Building Seminars, Weddings, Family and High School Reunions Today! Escape everyday living and come out to the countryside. Anderson Point is the perfect place to get away from life in the city and to let your mind dance along the Neuse Corridor. Sit on top of lookout point or in our wooden swings and marvel at the panoramic view of the beautiful rolling hills. The Retreat Cottage is the main attraction of the park; it's original hardwood floors and decorative painted trim offers a distinguished charm. You will appreciate the natural environment of our 105 acres of open recreation and leisure areas with three informal sport fields, "Greenway" trails, garden gathering area, our unique children's playground area, canoe launch, and two rental shelters large enough to accommodate a social gathering of any size. Let Anderson Point make your next event an experience you won't soon forget.

Durant Nature Park

8305 Camp Durant Rd.

Raleigh, NC 27614

Park Manager - Karen Berry

870-2871 (park office)

Park and Facilities

Enjoy the ambience of a natural wooded setting, miles of hiking trails along a stream and through woodland wildflowers and fern gardens. Trail maps, tree trail maps and bird lists are available. Experience the interpreted bird and butterfly garden or the 12-acre lake with fishing and scheduled canoeing. A picnic shelter, playfield and playground can be found in the park. Durant Nature Park is open year-round from 8am until dusk,

7 days a week. Enjoy the outdoors in this amazing setting with a variety of classes and recreational opportunities for the entire family! Call the park office for more information or to be put on our mailing list.

Campbell Lodge

Seats 200. Perfect for wedding receptions, family reunions or other large events. Includes large warming kitchen, Great Room with 2 stone fireplaces, icemaker, tables & chairs and walk-in cooler. Day and evening use (until midnight). Hourly rate: \$75 plus deposits.

Training Lodge

Sleeps 38; Seats 50. Smaller group use for overnight or daytime use. Kitchen facilities, 22 bunk spaces with 16 add-on cots; large multi-purpose room with tables & chairs. Hourly rate: \$30 plus deposits. Overnight rate: \$150 plus deposits (Check-in: 1pm; Check-out 10am)

Sweetgum Picnic Shelter

Seats 25-30. Near 12-acre lake, large play field and easy access to trailheads. Rate: \$45 from 9am-3pm or 3pm-dusk (cleanup time included).

Primitive Camping Tent Sites

Organized groups only. No family, individual or long-term camping allowed. Rugged lakeside setting. Rate: \$2/person/night (\$20 minimum)

Pullen Community Center

Pullen Community Center is located in Pullen Park at 408 Ashe Avenue (next to Pullen Aquatic Center). Our facilities include 3 large and 2 medium size program/meeting rooms, fitness room, computer lab, and a game room (one pool table). Meeting rooms are available for parties, meetings and special occasions on a space available basis. Call for rates and booking information. Hours of operation are Monday-Friday 7:30am-9:30pm and Saturdays 9:00am-3:00pm. Participants may register for a wide variety of activities at Pullen Community Center. Some of our programs include karate, fitness, yoga, bingo, scrap-booking, and ballroom dance. Join our fitness room for only \$10 per month (non-Raleigh residents add \$7) with no contract. For a complete listing of programs visit our web site at parks.raleighnc.gov. You may register for city wide programs at your local community center (some restrictions may apply). We provide quality programs by hiring qualified, well trained staff and instructors. If you are interested in starting a new program or would like to instruct a class, please contact the Pullen Community Center Director. Questions, comments and ideas are welcome. Shelter reservations can be made through Pullen Amusements at 831-6468. Contact Pullen Aquatics at 831-6197 for your aquatic needs.

Program Descriptions

Adventure Program

Program Supervisors

Michael Kafsky and Kathy Capps

The Adventure Program provides Raleigh and surrounding communities with instructional opportunities in a diverse range of activities including kayaking, canoeing, climbing, mountain biking, whitewater rafting, and many other activities. Experienced staff members are dedicated to providing students with quality instruction while helping participants explore new worlds of potential, competency, and discovery. The Adventure Program provides enjoyable adventure experiences that embrace experiential learning, create an atmosphere where group experiences help to create a sense of team, provide instructional foundations in a range of adventure activities, and focus on safety issues and manage risks in the most proactive manner. Come join us for an adventure this year. For information on any adventure program, call 831-6855 or 831-6640 ext 6857.

After School

X-Press Program

The After School X-Press Program is being offered at all local Community Centers for children K-6th grade. The program strives to make available a high quality program at a low cost. Our goal is to include a variety of programs such as:

Arts and Crafts – Bring out the creativity that is in all children by introducing them to a variety of arts media and crafts projects.

Computer Education – Reinforce skills learned at schools through educational software.

Sports and Fitness – Introduce children to a variety of sports and recreational games.

Homework Assistance – Offered in the program on a limited basis depending on the needs of the child. Emphasis of after school program is on recreational activities.

Nature – Introduce children to the diversity of nature through hands-on recreational activities.

Music – Introduce children to a variety of musical components through games, art projects, and other organized activities.

Cooking and Nutrition – Introduce children to basic cooking skills and healthy eating habits.

Please call 831-6684 for more information. Registration begins in February. Please call for a brochure.

Track Out

X-Press Program

Raleigh Parks and Recreation is proud to present a new program, Track Out X-Press, for grades K-6. The program strives to make available high quality activities at a reasonable cost. This program provides a stimulating and exciting atmosphere through highly organized activities ranging from arts and crafts, sports/games, field trips, educational computer activities, nature programs and much more. The camp is staffed with caring and experienced counselors. Additional specialty programs will be offered throughout the year such as swim lessons, sports clinics, special art classes, adventure programs, and much more. Please call 831-6684 for more information. Registration begins in February. Please call for a brochure.

Arts Program

Recreation Program Director - Thea Fotiu

Explore the Arts Program's two unique facilities: Pullen Arts Center and Sertoma Arts Center. The arts centers offer creative atmospheres for both the novice and the professional to enjoy and grow in. Friendly, nurturing, and professional arts instructors, specialized equipment, large studio spaces and classrooms, a Gallery Program featuring changing exhibits of beautiful and unique works of art, and natural park settings make the experience of participating at the arts centers inviting for all ages and abilities. Many participants also take advantage of our "Open Studio Time," offered in select studio areas, where qualified studio card holders can work on their art and use studio equipment and amenities in a non-instructional environment. While each arts center has its' own specialized studio areas, both offer fundamental studio classes in painting, drawing, and pottery ranging from beginner to advanced levels, as well as specialty summer arts camps with visual arts and theatre arts emphasis for youth. If you love to be outdoors, you may want to enjoy live entertainment under setting suns and rising stars with the Arts Program's many outdoor concerts, festivals, and fairs. Some of the best local and regional talent is always on display, whether it's an award-winning blues band, a grand-scale illusion show, or the original artwork of well-known artisans. These events take place in Raleigh Parks and Recreation's arts centers, parks, and many unique community facilities throughout Raleigh. There are free events, ticketed events, events for children, for adults, and for the whole family to enjoy. You'll have

opportunities to participate, observe, or relax and be entertained. We hope you will join us in one or more of these unique arts experiences throughout the year... and that you will be inspired to create! For information on the Arts program, call 831-6854.

Athletics Program

City Athletic Director - Dale Smith

Adult Athletic Program Supervisor

Jackie Twisdale

Youth Athletic Program Supervisors

David Tugwell and Susan McFarland

Walnut Creek Softball Complex Supervisor

Shadu Jackson

The Athletics Program is dedicated to providing quality athletic competition, instruction, and participation for youth and adults in Raleigh through camps, clinics, and leagues. The Youth Athletics Programs cater to children ages 5-18 and provides numerous benefits from playing in organized youth sports. Youth sports sponsored by the City of Raleigh Parks and Recreation Department provide the opportunity for boys and girls to learn good sportsmanship and progressively develop skills. The Adult Athletics Program provides a great opportunity to stay active, encourage social interaction and community involvement while providing a safe, fun, family atmosphere. Officials, scorekeepers, and coaches are always needed for both youth and adult programs. For information on any athletic program, call 831-6836

Adult Spring Softball Registration

The Athletic Division will be holding registration for Adult Spring Softball from Monday-Thursday, February 27-March 2. Registration will be taken for Men's and Women's Open Leagues, Closed, Church, Coed, Weekend, One night per week, and Over 50yr leagues. Registration will be held from 8:30am-6:00pm at 2401 Wade Avenue. Cost is \$425 per team with a non-City resident fee of \$24 per player. Play to begin the week of April 11. Each team will receive a 14 game season. The tournament fee will be \$50 per team.

Southeastern Masters Track and Field Meet

Registration is held January 1 through mid-April. The meet will be held in May. Registration forms will be available January 1. This meet is the longest running Masters meet in the country. All events are held. For more information please contact Dale Smith at 831-6836 ext 2.

Program Descriptions continued next page —

Program Descriptions

Program Descriptions continued —

Adult Indoor Volleyball Registration

Registration will be held Monday-Friday, February 7-18 at 2401 Wade Avenue, Raleigh, NC 27606. The cost per team is \$200 and each team is given 12 matches. Non-city residents will pay an additional \$24 per person to participate. Leagues offered will be Men's, Women's and Co-Ed. All matches will be played at Millbrook Exchange, 1905 Spring Forest Road, Raleigh NC 27615. First game will begin week of March 21.

In-Line Hockey Youth Leagues

Registration will be January 17-29
Leagues are offered for the following age groups: 7-10, 11-13 and 14-16. Class Fee: \$42

Lacrosse Youth Leagues

Registration will be February 6-19.
Leagues are offered for boys in 3rd-8th grades and girls in 3rd-12th. Class fee: \$42

Baseball Spring Youth Leagues

Registration will be February 13-26.
Play Ball! Leagues are offered for the following age groups: 5-6, 7-8, 9-10, 11-12, 13-14, 15-16, and 17-18. Class fee: \$27

Softball Spring Youth Leagues

Registration will be February 13-26.
Slow Pitch Softball for ages 10-12 and 13-16 and machine pitch for ages 9-10
Class fee: \$27

Baseball and Softball Officials Clinic

Official clinics for anyone interested in baseball and softball should contact the athletics division at 831-6836. These clinics will be held in February and March.

Please see pages 42-44 for specific program information

Athletic Teams/Leagues are not currently available for online registration. Please visit our web site (parks.raleighnc.gov) to print the forms needed to register for the leagues. Please do not use the class registration form in this publication. You can only sign up during the registration period.

Aquatics Program

Administration

831-6852

Aquatics Facilities and Program Director:
Terri Stroupe

Optimist Pool

5902 Whittier Drive, Raleigh 27609 • 870-2882

Aquatic Center Supervisors:

Phillip Fleischmann and Susan Lamoreaux

Pullen Aquatic Center

410 Ashe Avenue, Raleigh, NC 27606 • 831-6197

Aquatic Center Supervisors:

Tricia Daugherty and Tim McAllister

Admission Fees

To ensure everyone's safety, all visitors passing the front desk must pay!

At The Door Children 8 years old or younger must be accompanied by paying adult.

	Resident	Non-Resident
1-8 years	75¢	\$1.50
9-15 years	\$2.25	\$4.50
16-54 years	\$2.75	\$5.50
55 & over	\$1.50	\$3.00

Punch Passes Purchased at each pool for 15 swims.

	Resident	Non-Resident
1-8 years	\$ 9	\$15
9-15 years	\$18	\$30
16-54 years	\$25	\$45
55 & over	\$20	\$30

Photo I.D. Pass

Purchased at Raleigh Parks & Recreation Department, 2401 Wade Avenue, from 8:30am-5:15pm M-F. Payments by check or money order. Credit card purchases available at Wade Ave.

Monthly Pass	Resident	Non-Resident
1-8 years	\$12	\$20
9-15 years	\$23	\$35
16-54 years	\$30	\$50
55 & over	\$24	\$36

Annual Pass	Resident	Non-Resident (Valid 1yr to date)
1-8 years	\$60	\$95
9-15 years	\$85	\$160
16-54 years	\$160	\$235
55 & over	\$125	\$195

All passes are not transferable and become property of the City of Raleigh upon expiration date. Replacement passes are available for \$5.

Hours of Operation

Optimist Pool – 5902 Whittier Drive, 870-2882

Recreational Swim
(Main pool)

M-F	9:00am-8:00pm
Sa	12:30-5:30pm
Su	1:00-5:30pm

Lap Swim*

M-F	5:30am-8:00pm
Sa	6:00am-5:30pm
Su	7-9:30am, 1-5:30pm

Pullen Aquatic Center – 410 Ashe Avenue, 831-6197

Recreational Swim
(Main Pool)

M-F	9:00am-8:00pm
Sa	12:30-5:30pm
Su	1:00-5:30pm

Lap Swim*

M-F	5:30am-8:00pm
Sa	6:00am-5:30pm
Su	1:00-5:30pm

Diving Boards

Sa	12:30-5:30pm
Su	1:00-5:30pm

Teaching Pool**

M,W,F	9:00am-8:00pm
T,Th	12:30-5:00pm
Sa	12:30-5:00pm
Su	1:00-5:30pm

*There will be limited lap lanes Monday-Friday 5:30-7:30am and 3:00-8:00pm and Saturday 8:00am-12:00pm. These are general times of

heavy usage but are subject to change throughout the season. Please look for notices in the lobby for more specific information.

**Please note that the teaching pool is set aside for teaching classes and therapy groups on occasion. Please check notices in the lobby for possible changes in the schedule.

Special Events

- **Swim with a Sweetheart** – Two for one on Feb 14.
- **Shamrock Swim** – Wear green and get a squirt toy Mar 16.
- **Eggstra Ordinary Swimming Hunt**
April 8, 12-2pm. See pool for flyers.

Birthday Parties

Enjoy your birthday with a splash at one of our city pools. Tables and chairs are provided for you and your guests where you can enjoy food, drinks, and fun at the pool. The party has use of the pool facilities which are open to the public; however, no specific area of the pool will be reserved for your party. All parties are reserved on a first come first serve basis and must be confirmed by the pool management in advance. Parties are held on Fridays*, Saturdays and Sundays. There is \$10 non-refundable reservation fee for tables and chairs and a separate \$25 clean-up deposit and *Limited availability for Optimist pool on Fridays.

Water Exercise Classes

To attend these classes, a water exercise pass needs to be purchased at the Facility front desk or by mail. No pre-registration required. This pass allows you to attend any 8 water exercise classes within this calendar year. Pass prices Resident adult \$35 Resident Senior \$28, Non-resident Adult \$42, Non-resident Senior \$35.

Pullen Aquatic Center

Deep Water Walking

This hour-long class incorporates various exercises in deep water to enhance muscle strength and endurance. Flotation equipment is used in the class to help with support in the water during exercises. This class is held at Pullen Aquatic Center.

Jan 2-Apr 28	M,W,F	8:30-9:30am
Jan 3-Apr 27	T,Th	6:00-7:00pm
Jan 3-Apr 27	T,Th	9:15-10:15am

Aqua Motion

This hour-long class is a low impact aerobic exercise class in shallow water designed to improve muscular strength and cardiovascular endurance. A variety of equipment will be used to enhance physical conditioning. This class is held at Pullen Aquatic Center.

Jan 2-Apr 28	M,W,F	9:30-10:30am
Jan 2-Apr 28	M,W,F	6:00-7:00am
Jan 2-Apr 26	M,W	6:00-7:00pm
Jan 3-Apr 27	T,Th	10:15-11:15am

Program Descriptions

AquaTeen

A low impact workout for the teenager who wants to improve their physical conditioning. This class will move through shallow water using a variety of equipment and up-to-date music. This class is held at Pullen Aquatic Center.

Jan 3-Apr 27 T,Th 7:00-8:00pm

Aqua Motion II

This hour-long class is a low impact aerobic exercise class in shallow water designed to improve muscular strength and cardiovascular endurance. It is less intense than Aqua-Motion and more so than the Arthritis Exercise Class. A variety of equipment will be used to enhance physical conditioning. This class is held at Pullen Aquatic Center.

Jan 2-Apr 28 M,W,F 11:30am-12:30pm

Warm Water Fitness for Health

This warm water exercise program is designed for individuals who wish to improve or maintain their flexibility, range of motion, muscular strength, balance, and performance of daily activities. Gentle exercise takes place in the warm and soothing environment of the therapy pool. Equipment may be used, but is always optional.

Jan 3-Apr 27 T,Th 11:15am-12:15pm

Health History Form – All individuals participating in the classes listed below must have a health history form on file at the pool and be independently mobile in the pool or provide their own personal care assistant.

Arthritis Exercise Class

This hour-long class is for people with arthritis, fibromyalgia, or other conditions that would benefit from a range of motion exercise class in warm water. This class is held at Pullen Aquatic Center.

Jan 2-Apr 28 M,W,F 10:30-11:30am
Jan 3-Apr 27 T,Th 8:00-9:00am

Multiple Sclerosis Exercise Class

For people with Multiple Sclerosis who would benefit from a range of motion exercise class in cool water.

Pullen Aquatic Center

Jan 3-Apr 27 T,Th 10:00-11:00am

Optimist Pool

Aquacise

This high impact water exercise class will focus on flexibility, body conditioning, strength building, and cardio-vascular. This class will focus on small muscle groups. No swimming ability necessary.

Jan 2-Apr 28 M,W,F 5:45-6:45am,
8:30-9:30am,
9:30-10:30am,
10:30-11:30am
Jan 3-Apr 27 T,Th 7:00-8:00pm
Jan 7-May 6 Sa 9:00-10:00am

Water Walking

This low impact water exercise class will focus on flexibility, body conditioning, and cardio-vascular. There is a heavy emphasis on the large muscle groups. No swimming ability necessary.

Jan 2-Apr 28 M,W,F 9:30-10:30am

Adult Stroke Development

This one hour class is a workout group. Emphasis will be placed on stroke improvement and swimming development. Workouts will be developed to challenge and push each individual.

Jan 3-Apr 27 T,Th 6:00-7:00pm

Community

Centers Program

Assistant Recreation Superintendent and
Community Center Program Supervisors
Betsy Norris and Lynn Warren

The community centers in the Raleigh Parks and Recreation Department offer diverse leisure and educational opportunities to serve the needs of citizens of all ages and abilities. In an effort to maximize participation, a full compliment of leisure services are available with a goal of maximizing all available time and space. Program categories offered within each facility include arts, athletics, nature, educational, teens, adult and youth. Each site hosts community events and festivals and additionally, collaborates with other agencies to offer specialized programs. Facilities are also available for public rentals such as reunions, parties, retreats, meetings and picnics. For information on Community Centers, call 831-6685 or 831-6677.

Corporate Leisure Services Program

The City of Raleigh Parks and Recreation Department, in an effort to further serve the community, has a unique program especially designed for the corporate sector. The Corporate Leisure Services (CLS) program is an integrated package of professional recreation services available to area businesses. CLS specializes in coordinating company picnics and family days, holiday parties, meeting management, as well as employee appreciation luncheons and other social occasions. Corporate Leisure Services also offers customized teambuilding workshops designed to address the specific goals of your group. CLS provides professional event planning services for a wide variety of corporate needs. Please visit CLS online at parks.raleighnc.gov/CLS for more information. Contact us today because it shouldn't be all work and no play! For more information on the CLS program, call 831-6640.

English as a Second Language Program

Program Supervisor - Monica Quechol-Bradley

The English as a Second Language Program (ESL) offers new and innovative recreation opportunities and experiences for residents of Wake County who speak English as a Second Language. Programs are geared towards youth and adults alike. Opportunities include after-school programs, summer camp experiences,

English as a Second Language continued next page —



Program Descriptions

English as a Second Language continued —

and English classes. Volunteers are always needed to assist with youth activities and help teach English. Please refer to community center listings for language classes. For information on the ESL program 831-6640 ext 6844

Greenways

890-3285

The Capital Area Greenway is a linear system of open space located along rivers, creeks, and streams, which can include public recreation trails for activities such as walking, jogging, hiking, fishing, picnicking, and outdoor fun. The trails connect many of Raleigh's parks and in many cases complement the recreational activities at the parks. The Neuse River, Walnut and Crabtree Creeks and their tributaries are the framework of the Capital Area Greenway System. Many of the city's major ecological features can be experienced in their natural state along these water courses. A major goal of the Greenway Program is to establish a network of interconnected trails. If you would like us to mail you a copy of our greenway map, please call 890-3285. Or you can visit us online at www.raleigh-nc.org/parks&rec/greenway_map.pdf to view a copy of the greenway map.

Nature Programs

City Naturalist - Tiffany Long

Nature Programs are held at Durant Nature Park, Lake Johnson, Shelley Lake, and at various other parks, greenways and community centers around the city. They are diverse and may include nature topics such as reptiles, plants, night hikes and birding. For information on Nature Programs call (919) 831-6640, ext 6843 or 831-6856

Nature Programs for groups:

Science Afield

Join a naturalist at one of City of Raleigh's beautiful parks for a hands-on science lesson on a variety of science and nature topics. For Grades K-5th. Class fee: \$40 for hour long program, 30 students maximum.

Schoolyard Science

Experience our nature programs without leaving your facility. Students explore science on their school grounds. For grades K-5th. Class fee: \$45 for hour long program (plus additional cost for mileage), 30 students max.

Preschool Program

Hands-on nature fun for preschoolers 4-5 years of age. Programs include a story and live animal visitors. Class fee: \$45 for 45 minute program (plus additional cost for mileage), 20 students maximum.

NeighborWoods

Raleigh NeighborWoods is an initiative between the City and the citizens to preserve and enhance our identity as the "City of Oaks." The goal of the Raleigh NeighborWoods program is to plant 2,000 trees annually along neighborhood streets and thoroughfares. The program exceeded this goal in its first year, the 2003-2004 planting season. To support this program, Raleigh is seeking contributions from our citizens and volunteers to help plant and maintain trees. Please mail your contribution to "City of Raleigh NeighborWoods" at PO Box 590, Raleigh, NC 27602. For more information or to volunteer for this program, please contact the City of Raleigh Tree Planting Coordinator, Liz Zimmerman at 872-4115 or email Elizabeth.Zimmerman@ci.raleigh.nc.us



Senior/Adult Programs

831-6851

Recreation Program Director - Steve White
Recreation Program Manager - Lisa Wilson
Senior Adult Program serves over 3,000 seniors in the Raleigh area. Activities offered include: sports leagues, such as tennis, golf, bowling and more; over 20 one-day and overnight trips each year, including cruises and international travel; educational seminars and workshops on a wide range of topics; and a network of 47 different senior adult clubs throughout the city. For information call 831-6851.

Additional Senior Opportunities:

Golden Years Clubs

55yrs and up. The Golden Years Clubs are composed of persons 55 and better. Anyone meeting the age requirements may join. Interested persons are invited to join one of the 45 clubs located throughout Raleigh. Clubs meet weekly or twice monthly. Activities vary from club to club and may include: day trips, cards and games, luncheons, speakers, special events and crafts. For a complete list of clubs, call 831-6851.

Senior Trips

For Senior/Adult TRIP information, call 831-6851 to get on the mailing list for the following itineraries. All trips listed below depart from Jaycee Park, 2401 Wade Avenue.

January

Pembroke, NC

Experience the dramatic American Indian Dance Theatre at UNC-Pembroke, along with the Native American Museum and the Robeson Planetarium.
Jan 31 T

February

Raleigh Newcomers Tour

New to Raleigh? Or perhaps you want to re-visit some familiar places: We'll take you to some of our Capital City's best-known sites, including museums, historic homes and more.
Feb 17 F

March

Chapel Hill, NC

Visit the Carolina Inn for "Birdhouses on Parade", featuring unique birdhouses by local artists. We will also attend the Playmaker's Theatre production of "God's Man in Texas", a comic tale you are sure to enjoy!
Mar 16 Th

Myrtle Beach, SC

Exciting shows, good food, and the Little River Casino Cruise are part of this fun outing to the South Carolina coast.
Mar 22-24 W-F

April

Seagrove, NC

Spend the day exploring the pottery capital of North Carolina, including the Pottery Museum, local shops and lunch. We will also stop by the Southern Supreme Fruitcake Factory in Bear Creek for some yummy treats!
Apr 11 T

Edenton, NC

Experience the charm of this beautiful and historic town, as well as visits to Hertford and other eastern North Carolina sites.
Apr 25-27 T-Th

Program Descriptions

Specialized Recreation Services

Program Manager

Chris Frelke

831-6835

Special Olympics Wake County Coordinator

Brian Philpot

807-8378

Adapted Aquatic Program Specialist

Stephanie Stancil

831-6640 ext. 6849

Adult Program Specialist

Carmen Rayfield

831-6640 ext. 6845

Youth Program Specialist

Jennifer Tabery

831-6640 ext. 6848

Visually Impaired Program Specialist

Christine Cummings

831-6640 ext. 6847

Deaf and Hard of Hearing Program Specialist

Bettie Ittenbach

831-6640 ext. 6846

Please be aware that non-resident fees do not apply to our programs at this time.

Return registrations to:

Raleigh Parks and Recreation Department
Specialized Recreation Services

2401 Wade Ave

Raleigh, NC 27607

Specialized Recreation Services offers a variety of exciting programs for patrons who are developmentally or physically challenged. Fitness, sports, swimming, horticulture, day and weekend trips, arts and crafts, and fun walks are some of the programs offered. Each program is designed to meet the needs and interests of the participants. Whether you prefer social outings, trips or learning a new skill we are sure to have a program that fits your lifestyle. Some eligibility restrictions may apply. For more information on how to increase the quality of your leisure hours and to get on our mailing list, please give us a call.

Deaf and Hard of Hearing Program

The Deaf and Hard of Hearing Program offers social outings and day trips for those with hearing impairments, as well as sign language classes for the general public. To receive the "Handflight" newsletter please call 831-6640 ext 6846 or email Chris.Frelke@ci.raleigh.nc.us to be put on our mailing list.

Visually Impaired Program

The Visually Impaired Program offers a variety of exciting monthly activities for area residents with a visual impairment. Athletic programs include beepball and bowling. We offer a wide variety of trips to sporting events, family outings, both local and statewide day trips. Classes are scheduled

according to interest. Each activity is designed to offer instruction and meet the interests of all ages. Our senior citizens group, The Lords & Ladies, enjoy bi-weekly activities, along with trips with the Wake County Support Group. Our choir Seabreeze meets weekly for choir rehearsal and performs for the holidays and in the spring. To receive our bi-monthly newsletter (which is available in large print, braille, and audio) and increase the quality of your leisure time, please call 831-6640 ext. 6847.

Special Olympics Wake County

Raleigh Parks and Recreation Department is proud to sponsor Special Olympics Wake County. SOWC provides year-round sports training and athletic competition in 18+ different sports for individuals with intellectual disabilities. If you are unsure of eligibility requirements please call. Special Olympics serves ages 8 and above and in addition offers the non-competitive "Play Activities" program for ages 5-7 in bowling, basketball skills and track and field. Special Olympics training and competition is provided at no charge to eligible athletes. Each sport practices on a weekly basis at different times and locations. Athletes have the option to train on their own if they can't meet our schedule. Be sure to contact us so we can get you the specifics on each sport, as they are available. SOWC is always looking for new athletes, volunteers and coaches; please contact Brian Philpot 807-8378 for additional information and to get on our mailing list.

Sports currently offered December-April
Please contact us for more information.

Alpine Skiing – Training and competition is held in four divisions from beginner to advanced downhill skiing. "Dry Land" training will be in November with three training/competition ski trips planned on December 11, January 8-10, and February 5-8 to Appalachian Ski Mountain in Boone, NC.

Aquatics – SOWC has a competitive swim team called the "Raleigh Racers". Swim Team tryouts for prospective new members are in January. Practices are Saturdays January-February at Optimist and then Tuesdays and Thursdays evening TBA. Competitions are March 25 in Raleigh, April 22 in Hillsborough, and June 2-4 in Raleigh.

Athletics – Training and competition is held for all ability levels in track and field events. Training is done primarily through Wake County Public Schools, but we also have a group of "Independent Athletes" that practice afternoons starting in late February. Spring Games, our local athletic competition will be

on April 19 & 20 at Ravenscroft School in Raleigh.

Cheerleading – Training offered January-May. Please call for additional information.

Basketball – Training and competition is offered for various skill levels in 5-on-5 and 3-on-3 team play. Team practices will be Sunday evenings from November through March. Team competitions are "Series" January 14 in Roxboro, "Regional" TBA, and "State Games" February 24-26 in Cabarrus County.

Gymnastics – Training offered January-May. Please call for additional information.

Powerlifting – Training offered February-May. Please call for additional information.

Softball – Training and competition is offered for 10-person team play. Tryouts for prospective new players are TBA in March and practices are Sundays March-May. Times are TBA (evenings). Competitions are April 23 in Chapel Hill and June 2-4 in Raleigh.

Volunteer Opportunities

SOWC is always looking for volunteer coaches. If you have experience in any of the sports above and interest in working with Special Olympics Athletes please contact us.

SOWC also provides local competitions where we require the assistance of many volunteers. Volunteer assignments include timers, officials, measurers, heat preparers, score keepers, concessions, starters, etc.

We are hosting the following events this Spring:

- January 27 and February 10
Bowling Tournaments at Buffalo Lanes South
8:00am-1:00pm
- January 30 and February 3
Bowling Tournaments at Buffalo Lanes North
8:00am-1:00pm
- March 24
Multi-State Aquatics Meet at Pullen Aquatic Ctr
8:00am-3:00pm
- April 19 & 20
Spring Games our local track and field competition at Ravenscroft School
9:00am-2:00pm

Teen Programs

Program Supervisors

Dana Youst and Shane Brown

The Teen Program at Raleigh Parks and Recreation provides recreation, education, career exploration, personal and social empowerment, and personal development for the purpose of serving teens ages 12 to 18 in the City of Raleigh and Wake County. The purpose of the program is to provide an opportunity for youth to initiate, plan, and

Teen Programs continued next page —

Program Descriptions

Teen Programs continued —

implement programs as well as to design and develop projects and special events that will be of benefit to their peers, the community, and to themselves as individuals. The Teen Program encourages youth to take an interest in their personal growth and development, and helps them realize their potential as responsible young adults and their leadership role as a voice for young adults. For information on Teen programs, call 831-6688.

Custom Teen Programs

Do you have an idea for a great teen activity, but want someone else to help plan and organize it? Let the Teen Program at Raleigh Parks and Recreation plan your next teen event or outing. We have experience planning and providing activities for groups large and small. From an evening trip out to a local event, to a weeklong trip across the state, we can make it happen for your group. Cost for these programs will vary depending on the size of the group and the desired activity. Call us today to hear more about your options for a custom teen program!

Portable Challenge Course for Teens

Age: 11-18 yrs. Let the Teen Program Staff custom design a team building workshop to help meet your group's needs and challenges. Initiative activities are utilized to enhance problem solving, team building, conflict resolution and other life skills through experiential learning and will be tailored to your specific group. These programs are great for schools, church groups, student councils, drop-out prevention programs, and many other established youth groups. Courses will be held at the site of the participants' choosing and will be scheduled according to availability. Please contact the Teen Program at least one month in advance of desired program date. Cost: \$15 per staff hour of program with a minimum of 2 hours; we require a 1 to 8 staff member to student ratio.

Tennis Program

Program Supervisor - David Bell

The Raleigh Recreation Department offers 112 public tennis courts (108 are lighted) located at 25 sites throughout the city. No advanced sign up is necessary and it is free to play at any location each day until 10:30pm. Scheduled classes for juniors and adults, from level 1 (no experience necessary, learning the tools you need to play a match), level 2 (learning full swing strokes), level 3 (learning how to hit with spin), level 4

(hitting with spin during match play), level 5 (advanced drills) are currently offered at Millbrook. Level 1 and 2 are offered at Lake Lynn and Pullen Park. Other tennis activities include adult and junior team tennis, USTA adult, combo and senior leagues, World Team Tennis leagues, drop in Senior Tennis, Women's Quads, tournaments and private coaching. There is an active NTRP level ladder program for men and women for singles and doubles. Millbrook Exchange Tennis Center is the hub of activity with 23 lit courts and a front desk which is staffed 363 days a year. Millbrook also has a drop in doubles challenge court, a ball machine court and a dual sided backboard court. A 24 hour stringing/regripping service is available as well as tennis accessories, entry level racquets and racquets to borrow. Tennis program updates and forms can be downloaded from www.raleightennis.com. To talk to someone about tennis for you, call Millbrook Exchange Tennis Center, 872-4128.

Volunteer Opportunities for You!

You are invited to become a part of the Raleigh Parks and Recreation Department's Volunteer Program and make a difference in your community. You may volunteer as an individual or as part of a group on a one-time or ongoing basis. The department offers individuals, families, students, businesses and organizations the opportunity to contribute time, talents and resources to our community. Through the efforts of both City staff and volunteers, the Raleigh Parks and Recreation Department can continue its fine tradition of providing quality leisure services to citizens of all ages. For more information, please contact Cindy Trumbower, (919)890-3292 or cindy.trumbower@ci.raleigh.nc.us



The true object of all human life is to play. G.K. Chesterton

Register online with ReLink at parks.raleighnc.gov

City-Wide Special Events

Please see the social section for additional Holiday programs and special events.

January

Kayak Event - Rollopoolooza

Location: Optimist Pool

Age: 12yrs and up. One of the largest event held annually by the Adventure Program, Rollopoolooza is a must make outing for local paddlers, and for those wanting to meet and get instruction from the some of the best in paddle sports. Historically, members of professional paddling teams such as Wavesport, Dagger, Astral Buoyancy, Pyranha, and Liquid Logic (to name a few) have attended this event at Optimist Pool in North Raleigh. Sign up for professional instruction in rolling or one of several play boating moves, or come to socialize and practice individually. Participants ages 12-15 must be accompanied by an adult. Younger than 12 may attend with the appropriate equipment, parental supervision, and with pre-approval by the Adventure Program managers. Equipment rentals and instructional clinics have limited enrollment and availability and are on a first come, first serve basis. Prerequisite: Participants must have basic swimming ability and comfort under water. For more information, contact the Adventure Program at 831-6855. Class Fee: \$10
#42485 Jan 7 Sa 6:00-10:00pm

Basketball - Elks Hoop Shoot

Age: 8-13yrs. Are you a good basketball free throw shooter? Do you like to see how many free throws you can make without missing? Would you like to compete against others in a free throw shooting contest? If you answered

yes to any of these, then we have the answer for you. Join us as we offer our local competition of the Elks Hoop Shoot National Free Throw Contest. Dates and times subject to change. Call participating centers to confirm. For additional rules, contact participating centers. Top 2 winners in each age group advances to the City of Raleigh Championships to be held at Carolina Pines Center on January 21, 2006. Age verification date is April 1, 2006.

Optimist	Jan 7	Sa	12:00pm
Laurel Hills	Jan 7	Sa	1:00pm
Jaycee	Jan 7	Sa	3:00pm
Green Rd.	Jan 8	Su	4:30pm
Worthdale	Jan 7	Sa	1:00pm
Lake Lynn	Jan 8	Su	3:30pm

February

Concert - A Grand Time for Singing

Location: Sertoma Arts Center

Age: All Ages. 'A Grand Time for Singing' is a group of Triangle residents who enjoy performing a wide variety of music — everything from Broadway Ballads to Opera. Members of the group sing spirituals, art songs and lieder, hits from Broadway shows and arias from the best loved operas. Class Fee: \$5
#42202 Feb 26 Su 3:00-4:30pm

March

Run for the Oaks

Location: Moore Square

Age: All ages. 5K road race through downtown Raleigh hosted by Raleigh Parks & Recreation Department in conjunction with the NC Roadrunners Club. Prizes awarded to the top three male and female finishers

overall as well as the top three male and female finishers in each age group. There is also a children's 1/4 mile fun run. The cost is \$8 for recreational entries (\$10 after March 1) and \$10 for competitive entries. For additional information contact Jackie Twisdale at 831-6836 ext 3.

#43418 Mar 11 Sa 9:30am-12:00pm

April

Bass Tournament (Spring) - Lake Wheeler

Location: Lake Wheeler

Age: 16-90yrs. Lake Wheeler Spring Bass Tournament will host up to 50 teams on April 1, 2006. Teams will consist of two anglers. Check in will begin at 6am on day of the event. Awards will be given to 1st, 2nd, 3rd, and largest fish. Plus fabulous door prizes will be given away. Proceeding the tournament a barbecue will be provided to all participants. Family and friends of participants can enjoy barbecue for a small fee of \$5 per person. Registration will begin December 6, 2005 and end March 24 2005. Fee will be \$70 per team. If spots are available after March 24 your team may register for a fee of \$90. Teams may register by mail or walk in at Lake Wheeler. All mail in must be post marked no later than March 24, 2005. Barbecue tickets for family and friends must be purchased by March 24, 2005. For more information contact Lake Wheeler staff 919-662-5704. Class Fee: \$70
#41730 Apr 1 Sa 6:00am-3:00pm

Huck Finn Fishing Derby at Shelley Lake

Location: Shelley Lake

Age: 5-12yrs. Want to have a reel good time? Bring your family and join us for a day of fishing at Shelley Lake. Everyone should come dressed for the occasion (remember what Huck Finn, Tom Sawyer, and Becky Thatcher look like)? Children can bring their own pole, or one can be provided (while supplies last)! Activities will include: fishing derby, Huck Finn character look-a-like contest, hayrides, arts and crafts, nature education, and a picnic lunch. Prizes will be awarded for largest fish and most fish caught. Ages 6-12 yrs can fish, other activities are for kids of all ages! Class Fee: \$0
#42380 Apr 1 Sa 9:00am-1:00pm

Bass Tournament

Location: Lake Johnson

Age: 16yrs and up. A minimum of 15 teams (2-anglers per boat), and no more than 20 teams will be allowed to register. Awards include 1st, 2nd, 3rd place, and largest bass, along with door prizes. All registrations must be conducted in person at Lake Johnson and received by 12 noon on Friday the week prior to the tournament. Late fee for registering after deadline date will be



Run for the Oaks

Bass Tournament continued next page —

Register online with ReLink at parks.raleighnc.gov

City-Wide Special Events

Bass Tournament continued from page 15—

\$80 per team. Weigh-in and Awards: 1:00-2:00pm. Although the park will remain open for normal services, access for boat rentals will be restricted during this event. Boat rentals will resume after 2:00pm. Class Fee: \$60
#42382 Apr 8 Sa 6:30am-2:30pm

Eggs Galore!

Location: Walnut Terrace Community Center
Age: 1-10yrs. Come join us for our annual Egg Hunt. Registration begins at 10:30am with the hunt beginning at 11:00am. Games and activities will follow the hunt. Parents (adults over 18yrs.) are required for children under the age of 4yrs. Class Fee: \$0
#43148 Apr 8 Sa 10:30am-1:00pm

Egg Hunt

Age: Up to 10yrs. Come join your local community center for a fun-filled morning. Event starts at 11:00am. This is a free activity and pre-registration is not required. Class Fee: \$0
Roberts Park

#43244	Apr 8	Sa	11:00am
Chavis			
#42978	Apr 8	Sa	11:00am
Halifax			
#42839	Apr 8	Sa	11:00am
Millbrook Exchange			
#41938	Apr 8	Sa	11:00am
Biltmore Hills			
#42331	Apr 8	Sa	11:00am
Carolina Pines			
#42618	Apr 8	Sa	11:00am
Jaycee			
#42692	Apr 8	Sa	11:00am
Peach Road			
#41323	Apr 8	Sa	11:00am
Worthdale			
#43142	Apr 8	Sa	11:00am
Lake Johnson			
#42349	Apr 8	Sa	11:00am
Lake Lynn			
#42644	Apr 8	Sa	11:00am
Lions Park			
#42855	Apr 8	Sa	11:00am
Sertoma Arts Center			
#43935	Apr 8	Sa	11:00am
Spring Forest			
#42135	Apr 8	Sa	11:00am
Southgate			
#42856	Apr 8	Sa	11:00am
Method Road			
#43246	Apr 8	Sa	11:00am
Ralph Campbell			
#43864	Apr 8	Sa	11:00am
Tarboro Road			
#43865	Apr 8	Sa	11:00am

Egg Hunt Scramble

Location: Optimist Community Center
Age: 1-5yrs. Come join us for our egg hunt scramble. Registration begins at 10:30am and the hunt will start at approximately 11:00am. Class Fee: \$0
#43946 Apr 8 Sa 10:30-11:30am

Eggstra - Ordinary Swimming Hunt

Location: Optimist Pool
Ages: 5-10yrs. Hop on over to Optimist Park Pool for a one of a kind hunt. Mr. Bunny will be laying eggs and treasures in the WATER for children to collect. We will also have games and crafts to make along the pool deck. So make sure to mark you calendar for this "eggstra-ordinary" event! Pay gate admission to the pool to let the fun begin!
Apr 8 12-2pm

Domino Day

Location: Pullen Amusements
Age: 14-18yrs. Project Safe Place and the Raleigh Youth Council will be hosting the 13th Annual Domino Day at Pullen Park. Domino Day offers high school students a drug and alcohol-free event designed to give something back to youth clubs and organizations that have worked hard throughout the year for our community. The highlight of the afternoon will be a domino hunt that challenges youth groups to race to collect as many of the 10,000 hidden dominos as possible. Winning teams can receive prizes and/or cash for their organizations, as well as individual prizes. Refreshments will be provided. Pre-registration is required for clubs wishing to attend this free event. For more information, contact the Teen Program at 831-6688. Class Fee: \$0
#42826 Apr 19 W 3:30-6:00pm

Concert - Cardinal Singers

Location: Sertoma Arts Center
Age: All Ages. Come out and enjoy show-tunes and classics presented by this group of highly talented female vocalists. You'll be singing, humming, and tapping your feet along with all these songs! FREE
Apr 23 Su 3:00-4:30pm

Bark Around the Park

Location: Millbrook Exchange Community Ctr
Age: All Ages. Come spend some time with your best friend at Millbrook Exchange Park for a fun filled day of activities centered on our canine friends and their owners. Participate in the Dog Show that has an

event for every dog or get your frisky pup to show his skills in the Frisbee contest. Prizes will be give for first place in each event. Also there will be demonstrations and information vendors at the event. What to Know About Bringing Your Dog: Have your dog wear current ID and Rabies vaccination tags. Keep your dog on a 6-foot or shorter lease at all times. Please clean up after your dog. For more information call 872-4156 (Rain date April 30, 2005).

#40831 Apr 29 Sa 11:00am-3:00pm

Neuse River Festival

Location: Anderson Point
Age: All Ages. Celebrate the arrival of spring at the Neuse River Festival. Previously known as the Neuse River Rally, this event has evolved into a full fledged festival featuring something for everyone. Friends, families, and paddlers of all sorts will converge at Anderson Point Park April 29th to enjoy a variety of outdoor activities. The event will kick off with a 3.5 mile canoe and kayak race or pleasure paddle, which will pass Anderson Point midway along the route. Centered on enjoying the outdoors and environmental stewardship, the Neuse River Festival will have field games, disk golf, and paddler games. Also conservation groups, outdoor enthusiasts, paddling groups, select sponsors among others will be onsite to promote the outdoors. Anchored in the afternoon by a live outdoor concert, the large field is perfect to lounge and listen to the bands providing a variety of musical entertainment. Bring a game to play, a kite to fly, a bike to explore the 200+ acre park, or a blanket to lay down for a picnic. Food and beer vendors will be onsite. The river race and pleasure paddle is held 9:00am-12:00pm and festival site activities will run from 11:00am-5:00pm. Attend the event free of charge! River race requires a registration fee that includes race, shuttle, lunch, event t-shirt, and entrance into prize giveaway. Pre-register by April 26 to receive Early Bird fee. Pleasure paddlers can register the day of the event and may participate free of charge. A limited number of canoes are available at no charge to paddlers. Use barcode #47874 to register for a free rental. Minimum age for paddlers is 8 years old. More info at the event website www.raleighnc.gov/neuseriverfestival or call 919-831-6855. Class Fee: \$20
#42748 Apr 29 Sa 9:00am-5:00pm

If bread is the necessity of life,
recreation is a close second. Edward Bellamy



Raleigh Parks and Recreation Custodial Staff pictured from left to right beginning on the back row: William Cox (Pullen CC), Larry Hinton (Lion Park), Arthur Jones (Roberts Park), Thomas Sumpter (Optimist Park), Lathan Simmons (Worthdale CC), Front Row: Eugene Yates (Tarboro Road), Butch Leslie (Pullen Arts), Thomas Issacs (Sertoma Arts) and Renato Lopes (Wade Ave.). Not pictured are staff members — Fredrick Rouse (Method Road), Larry Wells (Chavis CC), Teresa Johnson (Jaycee Park), Dwayne Whitfield (Millbrook Exchange) and Okima Burt (Carolina Pines).

In the overall goal of providing excellence in Customer Service, the Raleigh Parks and Recreation Custodial Staff are leading the way! They are not only holding their own with average facility assessment scores of 91% for the month of August, but this summer they began sporting a new look as new uniforms were unveiled. These 14 Full-time Custodial Staff have responsibilities extending far beyond regular upkeep of facilities — among other duties, they ensure compliance and proper safety precautions are met, and most importantly bring pride and enthusiasm each day they come to work!

Staff Profile:

Custodial Staff

Downtown Programming

Amusements

Chavis Carousel

2006 Hours of Operation

Opening May 6 Hours to be announced
Tickets are \$1 each and may be used at any time.
Tickets may be purchased at the Carousel or Chavis Community Center.

Pullen Park Amusements

2006 Hours of Operation

March 10-26	M-Th	closed
	F,Sa	10:00am-5:30pm
	Su	1:00-5:30pm
Mar 27-Apr 30	M-F	10:00am-5:30pm
	Sa	10:00am-6:30pm
	Su	1:00-6:30pm

Tours

Historic Raleigh Trolley Tour

The narrative Historic Raleigh Trolley Tour operates every Saturday, March-December from 11:00am-3pm. The narrated tour lasts one hour with stops throughout downtown. The Trolley departs from Mordecai Historic Park on the hour, but can be boarded at any stop along the tour. See the trolley route map (click link to the left) for stop locations. Tickets are \$8 for adults, \$4 for youths (age 7-17). Children 6 and under are free. For more information, contact Mordecai Historic Park at (919) 857-4364.

Additional Downtown

Recreation Opportunities

For additional downtown recreation opportunities, please refer to the following locations:

Chavis Community Center

505 MLK Jr. Boulevard
(919) 831-6989

Fletcher Park

820 Clay Street
(919) 831-6430

Pullen Arts Center

105 Pullen Road
(919) 831-6126

Pullen Amusements

520 Ashe Avenue
(919) 831-6468

Pullen Community Center

408 Ashe Avenue
(919) 831-6052

Roberts Park

1300 E. Martin Street
(919) 831-6830

Pullen Aquatics Center

410 Ashe Ave
(919) 831-6197

Mordecai Historical Park

1 Mimosa Street
(919) 834-4844

Raleigh Little Theater

301 Pogue Street
(919) 821-4579

Theatre in the Park

105 Pullen Road
(919) 831-6936

Tucker House

418 N. Person Street
(919) 831-6009

March

Run for the Oaks

Location: Moore Square
Age: All ages. 5K road race through downtown Raleigh hosted by Raleigh Parks & Recreation Department in conjunction with the NC Roadrunners Club. Prizes awarded to the top three male and female finishers overall as well as the top three male and female finishers in each age group. There is also a children's 1/4 mile fun run. The cost is \$8 for recreational entries (\$10 after March 1) and \$10 for competitive entries. For additional information contact Jackie Twisdale at 831-6836 ext 3.
#43418 Mar 11 Sa 9:30am-12:00pm



Chavis Carousel

Adventure

Teens

Teen Ski Trip in Wintergreen, VA

Location: Wade Ave. Administrative Office Bldg.
Age: 12-17yrs. Start the New Year off with a day of downhill fun. Come on this trip to Wintergreen, Virginia for a whole day of skiing or snowboarding. With ninety acres and twenty slopes and trails to choose from, Wintergreen offers some of the best skiing and snowboarding in the Blue Ridge Mountains. Few things could be more fun than a day on the slopes of Wintergreen with friends. An early start from Raleigh allows for maximum time spent on the slopes. Beginner lessons will be provided for those needing basic instruction. Join in this festive winter activity during your break from school! There are no prerequisites for this course, but participants must have the personal maturity to be able to ski with a group of peers and make scheduled check-ins with staff. Price of the trip includes bus transportation, lift ticket, ski or snowboard rentals, basic instruction and supervision for the day. This trip is for ages 12-17. For more more information contact the Adventure Program at 919-831-6855. Class Fee: \$100
#42727 Jan 23 M 4:15am-9:15pm
#42726 Feb 20 M 4:15am-9:15pm

Adult

Wilderness First Aid

Location: Durant Nature Park
Age: 18yrs and up. Join us for an intensive backcountry medical training course. The 16-hour, hands-on Wilderness First Aid course will cover dealing with many medical emergencies when dialing 911 might not be an option. Not only is this course informative, but the scenarios enacted are exciting and fun too! Wilderness First Aid has become the minimum standard of care for people who are responsible for others in the outdoors. Join the Adventure Program and Wilderness Medical Associates for a course aimed at our fellow outdoor enthusiasts, adventurers, and trip leaders. No prerequisites. The minimum age is for this course is 18. For more information, contact the Adventure Program at 831-6855. Class Fee: \$195
#42725 Feb 4-5 Sa-Su 8:00am-6:00pm

Family

Introduction Rock Climbing

Location: Wade Ave. Administrative Office Bldg.
Age: 12yrs and up. Join the Adventure staff for a challenging evening of indoor rock climbing at one of the Triangle's modern rock gyms, Vertical Edge. With over 8500 square feet of wall space and 60 routes available, Vertical Edge provides the perfect learning

environment. Designed for beginners, these classes will provide a basic foundation for getting started in climbing. The course will cover such topics as equipment use and care, the climbing rating system, bouldering, knot tying, and climbing techniques. This is an excellent way to be introduced to the sport of climbing. The experienced staff will provide transportation, all necessary equipment, climbing instruction, and belaying. The minimum age for this course is 12 years of age. Ages 12-15 must be accompanied by an adult. For more information, contact the Adventure Program at 831-6855. Class Fee: \$30

#42714	Jan 18	W	6:00-10:00pm
#42715	Feb 15	W	6:00-10:00pm
#42716	Mar 15	W	6:00-10:00pm

Intermediate Rock Climbing

Location: Wade Ave. Administrative Office Bldg.
Age: 14yrs and up. Belaying is the act of keeping a fellow climber secure with the use of rope and other mechanical friction devices. Increase your knowledge of rock climbing by learning how to belay. An indoor climbing gym is the setting for teaching in this technical belaying and climbing course. This four-hour course will prepare you to take any climbing center belay test, which is a requirement to utilize indoor climbing facilities. Adventure staff will focus on teaching concepts associated with belaying and will provide adequate practice to hone it into an acquired skill. Students will get the opportunity to climb, belay, and back up student belayers. Prerequisites include the Introduction to Rock Climbing Course or equivalent basic climbing knowledge. Equipment, instruction, transportation, and plenty of climbing opportunities will be provided. Minimum age is 14 and ages 14-15 must be accompanied by an adult. For more information, contact the Adventure Program at 831-6855. Class Fee: \$30

#42721	Feb 22	W	6:00-10:00pm
#42722	Mar 22	W	6:00-10:00pm
#42723	Apr 19	W	6:00-10:00pm

Kayak Basics

Location: Optimist Pool
Age: 12yrs and up. This course is offered for those wishing to learn more about the sport of kayaking, especially if the student wants to get started before warmer weather arrives. This 6 hour course provides a comfortable and pleasant pool environment in which to learn. The water is warm and clear and the instructors are calm and friendly. This 2-day course will help lay a strong foundation of skills so you will be ready for moving water instruction when spring arrives. Participants should have basic swimming ability and comfort under water, but kayak experience is not required. Equipment and instruction are provided. This program is adult oriented with minimum age of 12. Ages 12-15 must

be accompanied by an adult. For more information, contact the Adventure Program at 831-6855. Class Fee: \$60
#42420 Jan 28-29 Sa-Su 5:00-8:00pm
#42421 Mar 18-19 Sa-Su 5:00-8:00pm

Kayak Event - Rollapoolooza

Location: Optimist Pool
Age: 12yrs and up. One of the largest event held annually by the Adventure Program, Rollapoolooza is a must make outing for local paddlers, and for those wanting to meet and get instruction from the some of the best in paddle sports. Historically, members of professional paddling teams such as Wavesport, Dagger, Astral Buoyancy, Pyranha, and Liquid Logic (to name a few) have attended this event at Optimist Pool in North Raleigh. Sign up for professional instruction in rolling or one of several play boating moves, or come to socialize and practice individually. Participants ages 12-15 must be accompanied by an adult. Younger than 12 may attend with the appropriate equipment, parental supervision, and with pre-approval by the Adventure Program managers. Equipment rentals and instructional clinics have limited enrollment and availability and are on a first come, first serve basis. Prerequisite: Participants must have basic swimming ability and comfort under water. For more information, contact the Adventure Program at 831-6855. Class Fee: \$10
#42485 Jan 7 Sa 6:00-10:00pm

Kayak Roll Instruction

Location: Optimist Pool
Age: 12yrs and up. For the participant wanting to take that next step in the kayaking progression and learn to roll, personalized roll instruction is offered. Call to set up a time to work with professionally certified instructors on roll development. The best estimate is that, on average, it takes about four separate, hour-long, lessons to develop a fledgling pool roll. Roll instruction is

designed to provide one step in the learning process. The roll development of the student will determine the next steps the instructor can help to make. Learning in your personal boat is the best option, however equipment can be provided on request. The course can be a 1 on 1 lesson or the cost can be shared by two students. If you do not know anyone desiring this opportunity, feel free to call as we will keep a list of people looking to share a lesson. Students must have basic swimming ability and comfort under water. Minimum age for this program is 12 years of age. Participants ages 12-15 must be accompanied by an adult. One-hour personalized roll instruction is scheduled during our regular roll sessions on Friday night. Pre-registration is required. For more information, contact the Adventure Program at 831-6855. Class Fee: \$40

Kayak Roll Pool Sessions

Location: Optimist Pool
Age: 12yrs and up. Kayak Roll Sessions occur every Friday night at Optimist Pool in North Raleigh from November through March. These sessions are for seasoned paddlers, those working on aspects of their roll, or people who would like to try out the sport. Roll instruction is not provided, but basic boat orientation for beginners is offered. Admission is \$5 for residents and \$6 for non-residents. There is a \$2 additional charge to rent a kayak. Roll sessions are adult oriented, although youth paddlers are welcome when accompanied by adults. Minimum age is 12 years. Participants younger than 12 may attend with the appropriate equipment, parental supervision, and with pre-approval by the Adventure Program managers. Due to holidays some sessions may be cancelled; call ahead to confirm. For more information, contact the Adventure program at 831-6855. Class Fee: \$5

Adventure continued next page —



Adventure continued —

Mountain Bike Sampler

Location: Wade Ave. Administrative Office Bldg.
Age: 14yrs and up. This is a 1-day comprehensive mountain biking workshop. Qualified instructors provide a complete introduction to the sport of mountain biking. The first half will be spent on the basics, starting with skills including shifting, braking, body position, falling strategies, and overcoming obstacles. The second half will wrap up with an introductory trail ride to put new skills into practice. Learn to ride comfortably, more smoothly, and over bigger obstacles by experimenting with proven mountain biking methodology. Instruction, transportation, and some equipment are provided. Bikes are not provided. Bring a personal bike and helmet or contact the Adventure office about rental options in the area. The minimum age for the course is 14. Participants ages 14-15 must be accompanied by an adult participating in the program. For more information please contact the Adventure office at 919-831-6855. Class Fee: \$55
 #43947 Apr 8 Sa 9:00am-5:00pm

Neuse River Festival

Location: Anderson Point
Age: All Ages. Celebrate the arrival of spring at the Neuse River Festival. Previously known as the Neuse River Rally, this event has evolved into a full fledged festival featuring something for everyone. Friends, families, and paddlers of all sorts will converge at Anderson Point Park April 29th to enjoy a variety of outdoor activities. The event will kick off with a 3.5 mile canoe and kayak race or pleasure paddle, which will pass Anderson Point midway along the route. Centered on enjoying the outdoors and environmental stewardship, the Neuse River Festival will have field games, disk golf, and paddler games. Also conservation groups, outdoor enthusiasts, paddling groups, select sponsors among others will be onsite to promote the outdoors. Anchored in the afternoon by a live outdoor concert, the large field is perfect to lounge and listen to the bands providing a variety of musical entertainment. Bring a game to play, a kite to fly, a bike to explore the 200+ acre park, or a blanket to lay down for a picnic. Food and beer vendors will be onsite. The river race and pleasure paddle is held 9:00am-12:00pm and festival site activities will run from 11:00am-5:00pm. Attend the event free of charge! River race requires a registration fee that includes race, shuttle, lunch, event

t-shirt, and entrance into prize giveaway. Pre-register by April 26 to receive Early Bird fee. Pleasure paddlers can register the day of the event and may participate free of charge. A limited number of canoes are available at no charge to paddlers. Use barcode #47874 to register for a free rental. Minimum age for paddlers is 8 years old. More info at the event website www.raleighnc.gov/neuseriverfestival or call 919-831-6855. Class Fee: \$20
 #42748 Apr 29 Sa 9:00am-5:00pm

Neuse River Festival Tandem Canoe Rental

Location: Anderson Point
Age: 18yrs and up. Want to join in for the fun of the Neuse River Festival but need a boat? Tandem canoe, two paddles, and two personal flotation devices will be provided. Racers and pleasure paddlers should have canoeing experience on moving water and should have an understanding of boat control. Renter must be 18 years or older, provide collateral to staff, and financially responsible for any lost or damaged equipment. Minimum age for paddlers is 8 years old. This registration is for tandem canoe rental only and racers must also register for the event. To complete event registration use Barcode #42748. Class Fee: \$0
 #42874 Apr 29 Sa 9:00am-12:00pm

Rock Climbing at Pilot Mountain

Location: Wade Ave. Administrative Office Bldg.
Age: 12yrs. and up. Native Americans called it Jomeokee, meaning 'Great Guide' or 'Pilot.' 'Pilot' is a unique North Carolina peak popular with climbers all over the Southeast. This trip will provide the beginner with all the basic knowledge of climbing techniques necessary for successful climbing. Experienced staff will set up climbs that are suited for a beginning group of climbers, so be prepared for a full day of muscle burn and fun! Equipment, instruction, and transportation are provided. The physical nature of this course requires that participants have a moderate level of physical fitness and a comfort with heights up to fifty feet. The minimum age for this course is 12, and ages 12-15 must be accompanied by an adult participating in the program. For more information, contact the Adventure Program at 831-6855. Class Fee: \$75
 #42741 Apr 1 Sa 6:00am-9:00pm

Aquatics

Parent Orientation To Swim Lessons

30 minute Water Safety Presentation to provide parents with an orientation to American Red Cross swimming lessons offered and reviews the benefits of learning how to swim. Also identifies ways parents or caregivers can help prepare their child for a positive swimming lesson experience.

Optimist Pool

Jan 4	W	6:00pm
Feb 1	W	6:00pm
Mar 8	W	6:00pm
Apr 12	W	6:00pm

Pullen Aquatic Center

Jan 5	Th	6:00pm
Feb 2	Th	6:00pm
Mar 9	Th	6:00pm
Apr 13	Th	6:00pm

Preschool

Parent & Child Swim Lesson Level A

Age: 6mths-2yrs. For children who have little or no previous water experiences. The purpose of this course is to help develop swimming readiness. Parents and their children will be led in water exploration activities with the objective of having fun and becoming comfortable with the water. Children with two or more previous sessions in the water who submerge only reluctantly (or not at all) or require flotation support at all times should enroll in Parent & Child Level B. Class Fee: \$45

Pullen Aquatic Center

#41129	Jan 10-Feb 2	T,Th	10:40-11:10am
#41130	Jan 10-Feb 2	T,Th	5:45-6:15pm
#41131	Feb 7-Mar 2	T,Th	10:40-11:10am
#41132	Feb 7-Mar 2	T,Th	5:45-6:15pm
#41133	Mar 14-Apr 13	T,Th	10:40-11:10am
#41134	Mar 14-Apr 13	T,Th	5:45-6:15pm
#41248	Apr 18-May 11	T,Th	10:40-11:10am
#41249	Apr 18-May 11	T,Th	5:45-6:15pm

Optimist Pool

#41395	Jan 9-Feb 1	M,W	11:30am-12:00pm
#41396	Jan 9-Feb 1	M,W	5:20-5:50pm
#41397	Feb 6-Mar 1	M,W	11:30am-12:00pm
#41398	Feb 6-Mar 1	M,W	5:20-5:50pm
#41399	Feb 4-25	Sa	10:00am-10:45pm
#41400	Feb 4-25	Sa	11:00-11:45am
#41401	Mar 13-Apr 12	M,W	11:30am-12:00pm
#41402	Mar 13-Apr 12	M,W	5:20-5:50pm
#41403	Apr 8-May 6	Sa	10:00am-10:45pm
#41404	Apr 8-May 6	Sa	11:00-11:45am
#41405	Apr 17-May 10	M,W	11:30am-12:00pm
#41406	Apr 17-May 10	M,W	5:20-5:50pm

Parent & Child Swim Lesson Level B

Age: 18mths-5yrs. For children who have little or no previous water experiences. Purpose of this course is to help develop swimming readiness by leading parents and their children in water exploration activities

Wisdom is to the mind what health is to the body.

Francois De La Rochefoucauld

with the objective of having fun and becoming comfortable in, on and around the water. Children ready to learn without a parent or caregiver should enroll in an appropriate Learn-to-Swim Level. Class Fee: \$45

Pullen Aquatic Center

#41135	Jan 10-Feb 2	T,Th	11:20-11:50am
#41136	Jan 10-Feb 2	T,Th	6:25-6:55pm
#41137	Feb 7-Mar 2	T,Th	11:20-11:50am
#41138	Feb 7-Mar 2	T,Th	6:25-6:55pm
#41139	Mar 14-Apr 13	T,Th	11:20-11:50am
#41140	Mar 14-Apr 13	T,Th	6:25-6:55pm
#41250	Apr 18-May 11	T,Th	11:20-11:50am
#41251	Apr 18-May 11	T,Th	6:25-6:55pm

Optimist Pool

#41409	Jan 9-Feb 1	M,W	11:30am-12:00pm
#41410	Jan 9-Feb 1	M,W	5:20-5:50pm
#41411	Feb 4-25	Sa	10:00-10:45am
#41412	Feb 4-25	Sa	11:00-11:45am
#41413	Feb 6-Mar 1	M,W	11:30am-12:00pm
#41414	Feb 6-Mar 1	M,W	5:20-5:50pm
#41415	Mar 13-Apr 12	M,W	11:30am-12:00pm
#41416	Mar 13-Apr 12	M,W	5:20-5:50pm
#41417	Apr 8-May 6	Sa	10:00-10:45am
#41419	Apr 8-May 6	Sa	11:00-11:45am
#41420	Apr 17-May 10	M,W	11:30am-12:00pm
#41421	Apr 17-May 10	M,W	5:20-5:50pm

Youth

Spring Break Swim Camp

Location: Optimist Pool

Age: 6yrs and up. This camp will be a week of water sports and safety for kids who love the water. In order to focus on skill development, prior to camp each child should be able to swim a distance of 50 yards and be comfortable swimming at least two different strokes. The morning sessions will focus on water safety topics and the afternoon sessions will emphasize stroke improvement. Each day will introduce one of these water sports: water polo, underwater hockey, boating, water volleyball, and competitive swimming. Each child must bring his/her own lunch and two snacks. Class Fee: \$100

#41522 Mar 27-31 M-F 8:00am-6:00pm

Swim Lesson - Level 1 Intro Water Skills

Age: 3-12yrs. Purpose: Helps students feel comfortable in the water. Level 1 participants learn to:

- Enter and exit water safely
- Submerge mouth, nose and eyes
- Exhale underwater through mouth and nose
- Open eyes underwater, pick up submerged object
- Change direction while walking or paddling
- Roll over from front to back and back to front with support
- Explore floating on front and back with support
- Explore swimming on front and back using arm and leg actions with support
- Use a life jacket

Level 1 participants receive a Raffy Learns to Swim full-color booklet that reinforces learning and provides parents with additional

information about their child's progress.

Class Fee: \$40

Pullen Aquatic Center

#41165	Jan 10-Feb 2	T,Th	10:00-10:30am
#41166	Jan 10-Feb 2	T,Th	10:40-11:10am
#41167	Jan 10-Feb 2	T,Th	5:45-6:15pm
#41168	Jan 10-Feb 2	T,Th	6:25-6:55pm
#41169	Feb 7-Mar 2	T,Th	10:00-10:30am
#41170	Feb 7-Mar 2	T,Th	10:40-11:10am
#41171	Feb 7-Mar 2	T,Th	5:45-6:15pm
#41172	Feb 7-Mar 2	T,Th	6:25-6:55pm
#41173	Mar 14-Apr 13	T,Th	10:00-10:30am
#41174	Mar 14-Apr 13	T,Th	10:40-11:10am
#41175	Mar 14-Apr 13	T,Th	11:20-11:50am
#41176	Mar 14-Apr 13	T,Th	5:45-6:15pm
#41177	Mar 14-Apr 13	T,Th	6:25-6:55pm
#41178	Mar 14-Apr 13	T,Th	7:05-7:35pm
#41252	Apr 18-May 11	T,Th	10:00-10:30am
#41253	Apr 18-May 11	T,Th	10:40-11:10am
#41254	Apr 18-May 11	T,Th	11:20-11:50am
#41255	Apr 18-May 11	T,Th	5:45-6:15pm
#41256	Apr 18-May 11	T,Th	6:25-6:55pm
#41257	Apr 18-May 11	T,Th	7:05-7:35pm

Optimist Pool

#41423	Jan 9-Feb 1	M,W	10:30-11:00am
#41424	Jan 9-Feb 1	M,W	5:20-5:50pm
#41425	Jan 9-Feb 1	M,W	6:00-6:30pm
#41426	Feb 4-25	Sa	10:00-10:45am
#41427	Feb 6-Mar 1	M,W	10:30-11:00am
#41428	Feb 6-Mar 1	M,W	5:20-5:50pm
#41429	Feb 6-Mar 1	M,W	6:00-6:30pm
#41430	Mar 13-Apr 12	M,W	10:30-11:00am
#41431	Mar 13-Apr 12	M,W	5:20-5:50pm
#41432	Mar 13-Apr 12	M,W	6:00-6:30pm
#41433	Apr 8-May 6	Sa	10:00-10:45am
#41434	Apr 17-May 10	M,W	10:30-11:00am
#41435	Apr 17-May 10	M,W	5:20-5:50pm
#41436	Apr 17-May 10	M,W	6:00-6:30pm

Swim Lesson - Level 2 Fundamental Skills

Age: 3-12yrs. Purpose: Gives students success with fundamental skills.

Level 2 participants learn to:

- Enter water by stepping or jumping from the side
- Exit water safely using ladder or side
- Submerge entire head
- Blow bubbles submerging head in a rhythmic pattern (bobbing)
- Open eyes underwater, pick up a submerged object in shallow water
- Float on front and back
- Perform front and back glide
- Change direction of travel paddling on front or back
- Roll over from front to back, back to front
- Tread water using arm and leg motions (chest-deep water)
- Swim on front, back, and side using combined arm and leg actions
- Move in the water while wearing a life jacket

Level 2 participants receive a Raffy Learns to Swim full-color booklet that reinforces learning and provides parents with additional information about their child's progress.

Class Fee: \$40

Pullen Aquatic Center

#41179	Jan 10-Feb 2	T,Th	10:00-10:30am
#41180	Jan 10-Feb 2	T,Th	11:20-11:50am
#41181	Jan 10-Feb 2	T,Th	5:45-6:15pm

#41182	Jan 10-Feb 2	T,Th	6:25-6:55pm
#41183	Jan 10-Feb 2	T,Th	7:05-7:35pm
#41184	Feb 7-Mar 2	T,Th	10:00-10:30am
#41185	Feb 7-Mar 2	T,Th	11:20-11:50am
#41186	Feb 7-Mar 2	T,Th	5:45-6:15pm
#41187	Feb 7-Mar 2	T,Th	6:25-6:55pm
#41188	Feb 7-Mar 2	T,Th	7:05-7:35pm
#41189	Mar 14-Apr 13	T,Th	10:00-10:30am
#41190	Mar 14-Apr 13	T,Th	10:40-11:10am
#41191	Mar 14-Apr 13	T,Th	11:20-11:50am
#41192	Mar 14-Apr 13	T,Th	5:45-6:15pm
#41193	Mar 14-Apr 13	T,Th	6:25-6:55pm
#41194	Mar 14-Apr 13	T,Th	7:05-7:35pm
#41258	Apr 18-May 11	T,Th	10:00-10:30am
#41259	Apr 18-May 11	T,Th	10:40-11:10am
#41260	Apr 18-May 11	T,Th	11:20-11:50am
#41261	Apr 18-May 11	T,Th	5:45-6:15pm
#41262	Apr 18-May 11	T,Th	6:25-6:55pm
#41263	Apr 18-May 11	T,Th	7:05-7:35pm

Optimist Pool

#41437	Jan 9-Feb 1	M,W	10:30-11:00am
#41438	Jan 9-Feb 1	M,W	5:20-5:50pm
#41439	Jan 9-Feb 1	M,W	6:00-6:30pm
#41440	Jan 9-Feb 1	M,W	6:40-7:10pm
#41441	Feb 4-25	Sa	10:00-10:45am
#41442	Feb 4-25	Sa	11:00-11:45am
#41443	Feb 6-Mar 1	M,W	10:30-11:00am
#41444	Feb 6-Mar 1	M,W	5:20-5:50pm
#41445	Feb 6-Mar 1	M,W	6:00-6:30pm
#41446	Feb 6-Mar 1	M,W	6:40-7:10pm
#41447	Mar 13-Apr 12	M,W	10:30-11:00am
#41448	Mar 13-Apr 12	M,W	5:20-5:50pm
#41449	Mar 13-Apr 12	M,W	6:00-6:30pm
#41450	Mar 13-Apr 12	M,W	6:40-7:10pm
#41451	Apr 8-May 6	Sa	10:00-10:45am
#41452	Apr 8-May 6	Sa	11:00-11:45am
#41453	Apr 17-May 10	M,W	10:30-11:00am
#41454	Apr 17-May 10	M,W	5:20-5:50pm
#41455	Apr 17-May 10	M,W	6:00-6:30pm
#41456	Apr 17-May 10	M,W	6:40-7:10pm

Swim Lesson - Level 3 Stroke Development

Age: 3-12yrs. Purpose: Builds on the skills in Level 2 through additional guided practice. Level 3 participants learn to:

- Jump into deep water from the side
- Dive from kneeling or standing position
- Submerge and retrieve an object in chest deep water
- Bob with the head fully submerged
- Rotary breathing in horizontal position
- Perform front and back glide using two different kicks
- Float on front and back in deep water
- Change from horizontal to vertical position on front and back
- Tread water using hand and leg movements
- Perform front and back crawl
- Butterfly-kick and body motion
- Perform the HELP and Huddle position

Level 3 participants receive a Waddles in the Deep full-color booklet that reinforces class instruction to help swimmers develop confidence in their strokes and improve other aquatic skills. Class Fee: \$40

Pullen Aquatic Center

#41195	Jan 10-Feb 2	T,Th	6:25-6:55pm
#41196	Jan 10-Feb 2	T,Th	7:05-7:35pm
#41197	Feb 7-Mar 2	T,Th	6:25-6:55pm

Swim Lesson Level 3 continued next page —

Swim Lesson Level 3 continued —

#41198	Feb 7-Mar 2	T,Th	7:05-7:35pm
#41199	Mar 14-Apr 13	T,Th	5:45-6:15pm
#41200	Mar 14-Apr 13	T,Th	6:25-6:55pm
#41201	Mar 14-Apr 13	T,Th	7:05-7:35pm
#41264	Apr 18-May 11	T,Th	5:45-6:15pm
#41265	Apr 18-May 11	T,Th	6:25-6:55pm
#41266	Apr 18-May 11	T,Th	7:05-7:35pm

Optimist Pool

#41457	Jan 9-Feb 1	M,W	11:10-11:40am
#41458	Jan 9-Feb 1	M,W	5:20-5:50pm
#41459	Jan 9-Feb 1	M,W	6:40-7:10pm
#41460	Feb 4-25	Sa	10:00-10:45am
#41461	Feb 6-Mar 1	M,W	11:10-11:40am
#41462	Feb 6-Mar 1	M,W	5:20-5:50pm
#41463	Feb 6-Mar 1	M,W	6:40-7:10pm
#41464	Mar 13-Apr 12	M,W	11:10-11:40am
#41465	Mar 13-Apr 12	M,W	5:20-5:50pm
#41466	Mar 13-Apr 12	M,W	6:40-7:10pm
#41467	Apr 8-May 6	Sa	10:00-10:45am
#41468	Apr 17-May 10	M,W	11:10-11:40am
#41469	Apr 17-May 10	M,W	5:20-5:50pm
#41470	Apr 17-May 10	M,W	6:40-7:10pm

Swim Lesson - Level 4 Stroke Improvement

Age: 3-12yrs. Purpose: Develops confidence in the skills learned and improves other aquatic skills. Level 4 participants learn to:

- Perform a dive from a standing or stride position
- Swim underwater
- Perform feet-first surface dive
- Perform open turns on front and back
- Tread water using sculling arm motions and with different kicks

Perform the following:

- Front and back crawl, Breaststroke, Butterfly, Elementary backstroke
- Swim on side using scissors-like kick
- Perform compact jump into water from a height while wearing a life jacket

Level 4 participants receive a Waddles in the Deep full-color booklet that reinforces class instruction to help swimmers develop confidence in their strokes and improve other aquatic skills. Class Fee: \$40

Pullen Aquatic Center

#41202	Jan 10-Feb 2	T,Th	7:05-7:35pm
#41203	Feb 7-Mar 2	T,Th	7:05-7:35pm
#41204	Mar 14-Apr 13	T,Th	7:05-7:35pm
#41267	Apr 18-May 11	T,Th	7:05-7:35pm

Optimist Pool

#41471	Jan 9-Feb 1	M,W	6:00-6:30pm
#41472	Jan 9-Feb 1	M,W	6:40-7:10pm
#41473	Feb 4-25	Sa	11:00-11:45am
#41474	Feb 6-Mar 1	M,W	6:00-6:30pm
#41475	Feb 6-Mar 1	M,W	6:40-7:10pm
#41476	Mar 13-Apr 12	M,W	6:00-6:30pm
#41477	Mar 13-Apr 12	M,W	6:40-7:10pm
#41478	Apr 8-May 6	Sa	11:00-11:45am
#41486	Apr 17-May 10	M,W	6:00-6:30pm
#41487	Apr 17-May 10	M,W	6:40-7:10pm

Swim Lesson - Level 5 Stroke Refinement

Age: 4-14yrs. Purpose: Provides further coordination and refinement of strokes. Level 5 participants learn to perform the following:

- Standing dive
- Shallow dive, glide two body lengths and begin any front stroke

- Tuck and Pike surface dive
- Front flip turn and Backstroke flip turn
- Front and back crawl
- Butterfly
- Breaststroke
- Elementary backstroke
- Sidestroke
- Tread water with two different kicks
- Learn survival swimming

Class Fee: \$40

Optimist Pool

#41489	Jan 9-Feb 1	M,W	6:40-7:10pm
#41506	Feb 4-25	Sa	11:00-11:45am
#41507	Feb 6-Mar 1	M,W	6:40-7:10pm
#41508	Mar 13-Apr 12	M,W	6:40-7:10pm
#41509	Apr 8-May 6	Sa	11:00-11:45am
#41510	Apr 17-May 10	M,W	6:40-7:10pm

Swim Stroke Development Clinic

Location: Optimist Pool

Age: 5-12yrs. The purpose of these clinics is to help our young swimmers become more efficient in their strokes and to help them improve their knowledge of swimming.

Class Fee: \$15

Optimist Otter Water School

#41526	Jan 14	Sa	10:00-11:00am
#41530	Jan 14	Sa	11:00am-12:00pm
#41531	Jan 28	Sa	10:00-11:00am
#41532	Jan 28	Sa	11:00am-12:00pm
#41533	Mar 11	Sa	10:00-11:00am
#41534	Mar 11	Sa	11:00am-12:00pm
#41535	Mar 25	Sa	10:00-11:00am
#41536	Mar 25	Sa	11:00am-12:00pm

Swim Team - Intra-City Swim Association

Age: 3-18yrs. Program goal is to provide an opportunity to experience competitive swimming in a fun, enjoyable, and relaxed environment. Class Fee: \$50

Pullen Aquatic Center

#41121	Feb 6-Apr 19	M,W	6:30-7:15pm
#41122	Feb 6-Apr 19	M,W	7:15-8:00pm

Optimist Pool

#41519	Feb 7-Apr 20	T,Th	5:30-6:15pm
#41520	Feb 7-Apr 20	T,Th	6:15-7:00pm
#41521	Feb 7-Apr 20	T,Th	7:00-7:45pm



Adult

Adult Beginner Swim Class

Age: 13yrs and up. The class requires no previous water experience and is geared toward dealing with beginning development of strokes including self help and survival skills. Class Fee: \$45

Pullen Aquatic Center

#41205	Jan 10-Feb 2	T,Th	5:45-6:15pm
#41206	Feb 7-Mar 2	T,Th	7:05-7:35pm
#41207	Mar 14-Apr 13	T,Th	6:25-6:55pm
#41268	Apr 18-May 11	T,Th	6:25-6:55pm

Optimist Pool

#41270	Jan 9-Feb 1	M,W	6:00-6:30pm
#41280	Feb 6-Mar 1	M,W	6:00-6:30pm
#41283	Mar 13-Apr 12	M,W	6:00-6:30pm
#41284	Apr 17-May 10	M,W	6:00-6:30pm

Adult Intermediate Swim Class

Age: 13yrs and up. This class requires that students know how to swim but are in need of improvement. We will introduce and refine survival skills, freestyle, backstroke and breaststroke. Class Fee: \$45

Pullen Aquatic Center

#41208	Jan 10-Feb 2	T,Th	7:05-7:35pm
#41209	Feb 7-Mar 2	T,Th	5:45-6:15pm
#41210	Mar 14-Apr 13	T,Th	7:05-7:35pm
#41269	Apr 18-May 11	T,Th	7:05-7:35pm

Optimist Pool

#41287	Jan 9-Feb 1	M,W	6:00-6:30pm
#41288	Feb 6-Mar 1	M,W	6:00-6:30pm
#41289	Mar 13-Apr 12	M,W	6:00-6:30pm
#41290	Apr 17-May 10	M,W	6:00-6:30pm

Lifeguard Training Amer Red Cross

Age: 15yrs and up. This American Red Cross program qualifies participants as non-surf lifeguards. Course includes CPR for the Professional Rescuer and First Aid. Class Fee: \$155

Pullen Aquatic Center

#41126	Jan 9-Feb 1	M,W	5:00-9:00pm
#41127	Feb 6-Mar 1	M,W	5:00-9:00pm
#41128	Mar 13-Apr 12	M,W	5:00-9:00pm
#41247	Apr 17-May 10	M,W	5:00-9:00pm

Optimist Pool

#41511	Feb 7-Mar 2	T,Th	5:00-9:00pm
#41512	Mar 4-25	Sa	9:00am-5:00pm
#41513	Mar 14-Apr 13	T,Th	5:00-9:00pm
#41514	Apr 18-May 11	T,Th	5:00-9:00pm

Swim Lesson - Level 6 Lifeguard Readiness

Age: 11yrs and up. Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. This course focuses on preparing students to participate in a Lifeguard Training course. Class Fee: \$45

Optimist Pool

#41523	Apr 8	Sa	1:00-4:00pm
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Triathlon Swim Training

Age: All Ages. This class is set-up for active triathletes. The class will focus on improving Freestyle and training methods. Class Fee: \$45

Pullen Aquatic Center

#41123	Feb 6-22	M,W	6:00-7:00pm
#41124	Mar 7-23	T,Th	6:00-7:00pm
#41125	Apr 10-26	M,W	6:00-7:00pm

Preschool

Alphabet Art

Location: Laurel Hills Community Center

Age: 4-5yrs. Color, paint, and paste, the letters of the alphabet. This class makes learning your ABC's fun! Class Fee: \$36

#42191	Jan 4-25	W	9:45-10:15am
#42192	Feb 1-22	W	9:45-10:15am
#42193	Mar 1-22	W	9:45-10:15am
#42194	Apr 5-26	W	9:45-10:15am

Art - Alien Encounters

Location: Sertoma Arts Center

Age: 4-6yrs. This class offers exciting projects both 2 and 3 dimensional, exploring the solar system and beyond! Allow your child to imagine and create! Abby Eaton instructs. Class Fee: \$36

#42336	Jan 14-Feb 4	Sa	11:00am-12:00pm
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Art - Bunny Baskets

Location: Laurel Hills Community Center

Age: 3-5yrs. Make your very own special bunny basket using different media to create a unique keepsake. Class Fee: \$8

#41641	Apr 12	W	4:15-5:00pm
#41642	Apr 12	W	5:00-5:45pm

Art - Chilly Willy

Location: Laurel Hills Community Center

Age: 3-5yrs. Create your own special snowman using different art media. Also enjoy a really cool treat! Class Fee: \$8

#41625	Jan 25	W	4:15-5:00pm
#41626	Jan 25	W	5:00-5:45pm

Art - Clay Play

Location: Laurel Hills Community Center

Age: 3-4yrs. Sing along to familiar tunes and meet new friends. Push, pound, roll and cut (with plastic cookie cutters), clay together. Create animals, shapes, and more. Fun! Fun! Fun! Class Fee: \$36

#42195	Jan 10-31	T	11:15-11:45am
#42196	Feb 7-28	T	11:15-11:45am
#42197	Mar 7-28	T	11:15-11:45am
#42199	Apr 4-25	T	11:15-11:45am

Art - Collage Quest

Location: Laurel Hills Community Center

Age: 2-3yrs. Cut and paste your way through a fun-filled, colorful journey to the land of collage as you develop your motor skills, problem solving and vocabulary. A parent and child participation class. Class Fee: \$32

#42200	Apr 7-May 5	F	10:00-10:30am
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Art - Green is Grand

Location: Laurel Hills Community Center

Age: 3-5yrs. March into spring with a look that is green. Make your own green art to take home. Class Fee: \$8

#41638	Mar 14	T	4:15-5:00pm
#41639	Mar 14	T	5:00-5:45pm

Art - Heart Felt Valentine

Location: Laurel Hills Community Center

Age: 3-5yrs. Create a unique felt heart by hand sewing. This is sure to be a special Valentine for that special someone. Class Fee: \$8

#41633	Feb 8	W	4:15-5:00pm
#41634	Feb 8	W	5:00-5:45pm

Art - Here Comes Valentine's

Location: Laurel Hills Community Center

Age: 2-4yrs. Design and create Valentine cards, heart decorations, boxes, and bags. Also includes, edible art projects! Class Fee: \$32

#43117	Jan 23-Feb 13	M	9:30-10:15am
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Art - Junior Painters

Location: Sertoma Arts Center

Age: 4-6yrs. Remember the first time you learned that if you mixed certain colors together, you could make new colors...like green, orange, purple, pink and more? Junior Painters will mix colors and make new discoveries about art (such as making wierd creatures, real and imagined, from simple shapes) all while they unknowingly become familiar with basic techniques and even color theory. These mini-Monets will not want to put the brush down. Lindsay Narvaez instructs. Class Fee: \$36

Mythical Creatures

#42945	Jan 10-31	T	4:00-5:00pm
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Sea Adventures

#42950	Apr 11-May 2	T	4:00-5:00pm
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Art - Junior Sculptors

Location: Sertoma Arts Center

Age: 4-6yrs. Future architects, sculptors, and potters welcome! And if you still haven't decided your career at the age of 4, you're still welcome! We will be building small works of 3-D art using safe recycled materials such as wood scraps, styrofoam, recycled paper, plastic bottles, etc. We can even make our own play-dough. You won't believe what we can turn this stuff into: buildings, animals, trees, and best of all, objects you'll never be able to identify! Lindsay Narvaez instructs. Class Fee: \$36

#42991	Feb 21-Mar 14	T	4:00-5:00pm
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Art - Leapin' Leprechauns

Location: Optimist Community Center

Age: 3-5yrs. Come help celebrate St. Patrick's Day. We will learn about St. Patrick, and

make some 'Luck of the Irish' crafts. Class

Fee: \$8

#38639	Nov 12	Sa	12:30-1:30pm
#41356	Mar 11	Sa	12:30-1:30pm

Art - Multimedia Frenzy

Location: Laurel Hills Community Center

Age: 2-4yrs. Use everything from pasta noodles to silk fabric to make place mats, cards, picture frames, and other gifts.

Class Fee: \$32

#42933	Jan 6-27	F	9:30-10:15am
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Art - Music Art

Location: Laurel Hills Community Center

Age: 2-4yrs. Create art projects based on musical instruments. Make your instruments, learn about composers and sing songs.

Class Fee: \$32

#42926	Feb 3-24	F	10:30-11:15am
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Art - Music, Mom, and Me

Location: Laurel Hills Community Center

Age: 9-18mths. Parent and child explore the exciting world of sound with sing-alongs, child safe instruments, movement, and props to promote social and educational development. Class Fee: \$32

#41943	Jan 10-31	T	10:15-10:45am
#41944	Feb 7-28	T	10:15-10:45am
#41945	Mar 7-28	T	10:15-10:45am
#41947	Apr 4-25	T	10:15-10:45am

Art - Old McDonald's Farm

Location: Laurel Hills Community Center

Age: 14-27mths. Sing along with this favorite tune! Delight in discovering farm animals here, there and everywhere.

Multimedia art project will center around lots of different farm animals. A parent and child participation class. Class Fee: \$36

#42212	Jan 10-31	T	9:00-9:30am
#42213	Feb 7-28	T	9:00-9:30am
#42214	Mar 7-28	T	9:00-9:30am
#42215	Apr 4-25	T	9:00-9:30am
#42216	Jan 5-26	Th	9:45-10:15am
#42217	Feb 2-23	Th	9:45-10:15am
#42218	Mar 2-23	Th	9:45-10:15am
#42219	Apr 6-27	Th	9:45-10:15am

Art - Pre-K Painter

Location: Laurel Hills Community Center

Age: 4-5yrs. Painting and self expression through art can help children prepare for some the new challenges ahead in kindergarten. Using a variety of tools and textiles, the instructor will guide kids through painting and drawing projects developing fine motor skills and spark creativity. Class Fee: \$40

#42840	Jan 4-25	W	2:00-2:45pm
#42841	Feb 1-22	W	2:00-2:45pm
#42842	Mar 1-22	W	2:00-2:45pm
#42843	Apr 5-26	W	2:00-2:45pm

Arts Preschool continued next page —

Recreation offers the discovery of self expression and much needed family cohesion. Nancy M. Morrow

Art - Preschool Painters

Location: Laurel Hills Community Center
 Age: 2-3yrs. Parent and child participate in a fun filled class that exposes children to paintbrushes, sponge painting, and finger painting. Unlimited paint and paper will be provided. Class Fee: \$36

#41782	Jan 5-26	Th	10:30-11:00am
#41783	Feb 2-23	Th	10:30-11:00am
#41784	Mar 2-23	Th	10:30-11:00am
#41785	Apr 6-27	Th	10:30-11:00am
#41786	Jan 10-31	T	9:45-10:15am
#41787	Feb 7-28	T	9:45-10:15am
#41792	Mar 7-28	T	9:45-10:15am
#41794	Apr 4-25	T	9:45-10:15am

Art - Spring Into Art

Location: Sertoma Arts Center
 Age: 4-6yrs. Spring is just around the corner, so come learn the fundamentals of 2 and 3-dimensional art while enjoying the spring-time favorites of rainbows, flowers, butterflies and more!!! Abby Eaton instructs. Class Fee: \$36

#43574	Feb 25-Mar 18	Sa	11:00am-12:00pm
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Art - Sports Art

Location: Laurel Hills Community Center
 Age: 2-4yrs. Come create sports art projects which you can really use and keep! Make pendants, personalized sports bottles and your very own baseball mitt. Class Fee: \$32

#42928	Jan 6-27	F	10:30-11:15am
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Art - Three Dimensional Art

Location: Laurel Hills Community Center
 Age: 2-4yrs. Use boxes, bags, bowls, and baby jars, to create colorful 3-D art to use or give as a gift. Class Fee: \$32

#42920	Mar 3-24	F	10:30-11:15am
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Art - Transportation Art

Location: Laurel Hills Community Center
 Age: 2-4yrs. Make the wheels on the bus plus cars, boats, and airplanes. Class Fee: \$32

#42921	Mar 3-24	F	9:30-10:15am
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Art - Xpress Art

Location: Laurel Hills Community Center
 Age: 2-3yrs. Where are we going? We are on the move, in a car, on a bus, on a train, in an airplane and guess what we discover? Join us and find out! Class Fee: \$36

#42234	Jan 4-25	W	10:30-11:00am
#42235	Feb 1-22	W	10:30-11:00am
#42236	Mar 1-22	W	10:30-11:00am
#42237	Apr 5-26	W	10:30-11:00am
#42238	Jan 5-26	Th	9:00-9:30am
#42239	Feb 2-23	Th	9:00-9:30am
#42240	Mar 2-23	Th	9:00-9:30am
#42241	Apr 6-27	Th	9:00-9:30am

Art - Valentine's For Everyone

Location: Optimist Community Center
 Age: 3-5yrs. The children will learn about St. Valentine and then make some valentine's and decorations to take home. Class Fee: \$8

#41357	Feb 11	Sa	12:00-1:30pm
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Art - Very Young Artists

Location: Sertoma Arts Center
 Age: 18mths-3yrs. A parent/child sharing and learning art class. Mom or Dad will experience with their child the fun of creating 2 and 3 dimensional works of art. Parent attends with child and to ensure the one-on-one experience of the class, the Arts Center requires that only those registered attend. To avoid distraction, older and younger siblings may not accompany the registered child to this class. Linsay Narvaez instructs the Thursday classes and Abby Eaton instructs the Saturday classes. Class Fee: \$36

Ages 18-30 months

#42995	Jan 12-Feb 2	Th	9:30-10:30am
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Ages 2-3 years

#42996	Jan 12-Feb 2	Th	11:00am-12:00pm
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Ages 18-30 months

#42997	Feb 23-Mar 16	Th	9:30-10:30am
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Ages 2-3 years

#42998	Feb 23-Mar 16	Th	11:00am-12:00pm
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Ages 18-30 months

#42999	Apr 6-27	Th	9:30-10:30am
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Ages 2-3 years

#43000	Apr 6-27	Th	11:00am-12:00pm
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Ages 18-30 months

#43004	Jan 14-Feb 4	Sa	9:30-10:30am
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Ages 2-3 years

#43006	Feb 25-Mar 18	Sa	9:30-10:30am
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Art - Wee Artist

Location: Laurel Hills Community Center
 Age: 3-4yrs. Colors, colors everywhere. Learn and experience colors as we finger paint birds, sky, moon, stars, rainbows, and much more. Class Fee: \$36

#41773	Jan 10-31	T	10:30-11:00am
#41774	Feb 7-28	T	10:30-11:00am
#41775	Mar 7-28	T	10:30-11:00am
#41781	Apr 4-25	T	10:30-11:00am

Art - Winter Wonders

Location: Optimist Community Center
 Age: 3-5yrs. We will make some projects representing the various symbols that make winter so special from snowmen and snowflakes to mittens and sleds. Class Fee: \$8

#41358	Jan 14	Sa	12:00-1:30pm
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Art Beginnings

Location: Laurel Hills Community Center
 Age: 14-27mths. Play Art for the very young. Blocks, boxes, simple designs, colors, and forms. Experience, share, and enjoy more creative interaction between you and your child. A parent and child participation class. Class Fee: \$36

#42187	Jan 4-25	W	9:00-9:30am
#42188	Feb 1-22	W	9:00-9:30am
#42189	Mar 1-22	W	9:00-9:30am
#42190	Apr 5-26	W	9:00-9:30am

Art for Cooks

Location: Laurel Hills Community Center
 Age: 2-4yrs. Come and create personalized kitchen products like rainbow place mats, cookie jars, utensil holders, and baker hats. Have fun making memorable keepsakes. Class Fee: \$32

#42927	Feb 3-24	F	9:30-10:15am
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Ballet - Preschool Introduction

Location: Lake Lynn Community Center
 Age: 3-5yrs. Learn and review techniques, form, positioning, formation, body pose and grace in this creative dance form of ballet. Class Fee: \$42

#43070	Jan 18-Feb 8	W	10:30-11:15am
#43071	Mar 1-22	W	10:30-11:15am
#43072	Apr 5-26	W	10:30-11:15am

Ballet Basics I

Location: Green Road Community Center
 Age: 3yrs. Learning ballet is a wonderful introduction to the art of dance! This class, geared towards 3-year-olds, will allow students to explore the magic of movement while learning fundamental ballet principles of posture and body alignment. While learning basic ballet terminology they will gain a stronger sense of body awareness. Prior dance experience is not necessary. Class Fee: \$70

#42383	Jan 7-Feb 25	Sa	10:00-10:40am
#42384	Jan 7-Feb 25	Sa	11:00-11:40am
#42385	Mar 4-Apr 22	Sa	10:00-10:40am
#42386	Mar 4-Apr 22	Sa	11:00-11:40am

Ballet Basics II

Location: Green Road Community Center
 Age: 4-6yrs. Designed for youngsters with or without prior dance experience, this class emphasizes coordination of ballet movements properly and safely. They will discover the joy of combining movements into phrases while also developing their own creativity and expression. Class Fee: \$70

#42387	Jan 7-Feb 25	Sa	12:00-12:40pm
#42388	Mar 4-Apr 22	Sa	12:00-12:40pm

Dance & Movement - Kinderdance W/Tots

Location: Pullen Community Center
 Age: 2-5yrs. Focus on the basics of ballet, tap (soft shoes only), creative movement and gymnastics all in one! Developmental skills are taught to help build the foundation for future success in the arts and sports. Educational concepts such as numbers, colors, letters, etc. are combined with these skills to teach the mind as well as the body. Participation in these classes helps to promote self confidence and self esteem by teaching 'Yes I can.' Classes are offered on a monthly basis, but consecutive participation is recommended. Each month has a theme that will reinforce previous skills and introduce new ones. If a child participates for 5 or more consecutive months, they may participate in a year-end demonstration with their peers. Ballet shoes and leotards are recommended but not required. Please wear a T-shirt, sweatpants or leggings and socks. Class Fee: \$35

#42516	Jan 7-28	Sa	9:05-9:50am
#42517	Feb 4-25	Sa	9:05-9:50am
#42518	Mar 4-25	Sa	9:05-9:50am
#42520	Apr 1-29	Sa	9:05-9:50am
#42522	Jan 9-30	M	5:45-6:30pm
#42523	Feb 6-27	M	5:45-6:30pm
#42524	Mar 6-27	M	5:45-6:30pm
#42526	Apr 3-24	M	5:45-6:30pm

Dance & Movement - Kinderdance®

Location: Pullen Community Center
 Age: 3-5yrs. Focus on the basics of ballet, tap (soft shoes only), creative movement and gymnastics all in one! Developmental skills are taught to help build the foundation for future success in the arts and sports. Educational concepts such as numbers, colors, letters, etc. are combined with these skills to teach the mind as well as the body. Participation in these classes helps to promote self confidence and self esteem by teaching 'Yes I can.' Classes are offered on a monthly basis, but consecutive participation is recommended. Each month has a theme that will reinforce previous skills and introduce new ones. If a child participates for 5 or more consecutive months, they may participate in a year-end demonstration with their peers. Ballet shoes and leotards are recommended but not required. Please wear a T-shirt, sweatpants or leggings and socks. Class Fee: \$35

#41007	Jan 10-31	T	10:10-10:55am
#41008	Feb 7-28	T	10:10-10:55am
#41009	Mar 7-28	T	10:10-10:55am
#41010	Apr 4-25	T	10:10-10:55am

Dance & Movement - Kindertots®

Location: Pullen Community Center
 Age: 2yrs. Designed to develop the total child through gross motor skills, movement creativity, physical development and body awareness while learning numbers, colors, shapes and songs. Kinderdance® programs blend educational concepts with various forms of movement, dance, and gymnastics. The programs help develop gross motor skills, movement creativity, fitness, and body awareness. Each class is taught using lesson plans which incorporate original and traditional age-appropriate music and songs. Classes are offered on a monthly basis, but consecutive participation is recommended. Each month has a theme that will reinforce previous skills and introduce new ones. If a child participates for 5 or more consecutive months, they may participate in a year-end demonstration with their peers. Ballet shoes and leotards are recommended but not required. Please wear a T-shirt, sweatpants or leggings and socks. Class Fee: \$35

#41045	Jan 10-31	T	9:30-10:00am
#41046	Feb 7-28	T	9:30-10:00am
#41047	Mar 7-28	T	9:30-10:00am
#41048	Apr 4-25	T	9:30-10:00am

Dance - 2's Ballet Too!

Location: Lake Lynn Community Center
 Age: 2yrs. Dance to the music from the Disney's Princess Selection. Dance like a beautiful butterfly in your pretty 'Ballet Outfit'. Enjoy fun movements while learning the basics. Perform locomotor and non-locomotor movements like leaps, jumps, passe, lifts, point-flex, and wonderful dance variations with props. Enhances body awareness and coordination. This is a parent participa-

tion class—a parent should plan to attend!

Class Fee: \$42

#43076	Jan 18-Feb 8	W	11:15am-12:00pm
#43077	Mar 1-22	W	11:15am-12:00pm
#43078	Apr 5-26	W	11:15am-12:00pm

Dance - Ballet

Location: Laurel Hills Community Center
 Age: 3yrs. Bring your ballerina to participate in a fun filled dance centered environment. Students will start with movement and introduction to basic ballet positions then progress into a skilled dancer producing routines. So come join our dance program and see your child's body awareness, self image, flexibility and coordination develop and grow through the years. Class Fee: \$36

#42912	Jan 4-25	W	5:00-5:45pm
#42913	Feb 1-22	W	5:00-5:45pm
#42914	Mar 1-22	W	5:00-5:45pm
#42915	Apr 5-26	W	5:00-5:45pm
#42916	Jan 4-25	W	6:00-6:45pm
#42917	Feb 1-22	W	6:00-6:45pm
#42918	Mar 1-22	W	6:00-6:45pm
#42919	Apr 5-26	W	6:00-6:45pm

Dance - Creative Movements

Location: Lake Lynn Community Center
 Age: 3-5yrs. Fun and exciting creative movements in dance! Especially designed for preschoolers to enhance motor skills. Locomotive steps and dance patterns that are short and easy to follow. Excellent experience for 'little people' to develop social skills and fitness. Class Fee: \$42

#43080	Jan 18-Feb 8	W	12:00-12:45pm
#43081	Mar 1-22	W	12:00-12:45pm
#43082	Apr 5-26	W	12:00-12:45pm

Dance - Little Fancy Feet II

Location: Laurel Hills Community Center
 Age: 4-5yrs. Explore fun and exciting dance moves. Coordination and large motor skills are developmental through basic ballet, creative movement, and gymnastics. Moreover, educational concepts are included, such as numbers, colors, letters, and social manners. Class Fee: \$36

#42908	Jan 5-26	Th	10:45-11:15am
#42909	Feb 2-23	Th	10:45-11:15am
#42910	Mar 2-23	Th	10:45-11:15am
#42911	Apr 6-27	Th	10:45-11:15am

Dance - Ribbon Dance

Location: Laurel Hills Community Center
 Age: 2-3yrs. Kid's love this class! Ribbons look beautiful in your hair and they are even more pretty when they flow in the air. So, dance with colorful ribbons and capture the fun! Dancers enjoy the motion as they create ribbon variations, floats, trains, twirls, and play dance games. Great for fitness, coordination, and self esteem. Ribbons are provided. Class Fee: \$42

#41924	Jan 10-31	T	9:00-9:45am
#41925	Feb 7-28	T	9:00-9:45am
#41926	Mar 7-28	T	9:00-9:45am
#41927	Apr 4-25	T	9:00-9:45am

Dance - Tap at Laurel Hills

Location: Laurel Hills Community Center
 Age: 3-5yrs. Capture the art of rhythmic dance in a fun and easy way. Enjoy learning the basics through creativity and self expression. Tap, heel-toe, shuffles, pose-pow, step, patterns and formations are covered in this fun, energetic dance class. Class Fee: \$40

#41862	Jan 9-Feb 6	M	11:30am-12:15pm
#41863	Feb 13-Mar 6	M	11:30am-12:15pm
#41864	Mar 13-Apr 3	M	11:30am-12:15pm
#41865	Apr 10-May 1	M	11:30am-12:15pm

Dance - Tippy Toe Tappers

Location: Laurel Hills Community Center
 Age: 3-5yrs. Capture the art of rhythmic dance in a fun and easy way. Enjoy learning the basics through creativity and self expression. Tap, heel-toe, shuffles, pose-pow techniques, step, patterns, and formations are taught. Class Fee: \$40

#41929	Jan 7-28	Sa	10:30-11:15am
#41930	Feb 4-25	Sa	10:30-11:15am
#41931	Mar 4-25	Sa	10:30-11:15am
#41932	Apr 1-29	Sa	10:30-11:15am

Dance - Twirling Ribbons

Location: Lake Lynn Community Center
 Age: 3-5yrs. They love it! Colorful ribbon movements creating hoops, loops, figures, floats, swirls, and trains. Fun dance steps that are short, easy to follow and beautiful to see! Class Fee: \$42

#43047	Jan 18-Feb 8	W	2:15-3:00pm
#43048	Mar 1-22	W	2:15-3:00pm
#43049	Apr 5-26	W	2:15-3:00pm

Dance I

Location: Chavis Community Center
 Age: 3-5yrs. Your stars will shine after learning tap, jazz and ballet. Participants will show the skills they have learned through performances, competitions and parades. Class Fee: \$60

#41871	Jan 4-25	W	5:30-6:30pm
#41872	Feb 1-22	W	5:30-6:30pm
#41873	Mar 1-29	W	5:30-6:30pm
#41874	Apr 5-26	W	5:30-6:30pm

Drama - Fairytale Theatre

Location: Lake Lynn Community Center
 Age: 4-5yrs. This class is designed specifically for young students who would like to get a taste of theatre. Act out characters from stories through dramatic skits. Feel free to bring story book character costumes! Class Fee: \$42

#43097	Jan 18-Feb 8	W	1:15-2:00pm
#43098	Mar 1-22	W	1:15-2:00pm
#43099	Apr 5-26	W	1:15-2:00pm

Itty-Bitty Greenthumb

Location: Walnut Terrace Community Center
 Age: 3-5yrs. A two-part class for parents and children that will include a take home project. The first session will consist of painting a ceramic flowerpot and preparing it for planting. The second session will consist of the actual planting project. Class Fee: \$12

#43141	Mar 21-23	T,Th	10:30-11:30am
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Arts Preschool continued next page —

Arts Preschool continued —

Jazz & Hip Hop for Tots

Location: Method Road Community Center
 Age: 2-5yrs. Your child will enjoy this mini-dance class taught by Hanna Chio, Director or DancEast Ensemble. Each child male or female must be potty-trained and wearing comfortable clothing in their bare feet. Presentation/recital at the end of the class.

Ages 2-3yrs \$28 class fee

#43238 Jan 9-Feb 13 M 9:30-10:00am

Ages 4-5yrs \$36 class fee

#43239 Jan 9-Feb 13 M 10:15-11:15am

Kinder Dance Design

Location: Lions Park Community Center
 Age: 4-5yrs. A style of dance that is done with creative movement and an introduction to ballet, jazz and tap. It also helps the body develop poise and posture. Class Fee: \$35
 #41318 Jan 7-28 Sa 10:00-11:00am
 #41319 Feb 4-25 Sa 10:00-11:00am
 #41320 Mar 11-Apr 1 Sa 10:00-11:00am
 #41321 Apr 8-29 Sa 10:00-11:00am

Kinder Preschool Art

Location: Billmore Hills Community Center
 Age: 3-5yrs. Fun art open studio. A class for kids to enjoy art, and to build self esteem by doing finger painting, drawing, face painting, watercolors and various art projects. Class Fee: \$5

#41665 Jan 4-23 M,W 10:00-11:00am

#41666 Feb 1-Mar 6 M,W 10:00-11:00am

#41667 Mar 1-Apr 3 M,W 10:00-11:00am

#41668 Apr 3-26 M,W 10:00-11:00am

Make A Mother's Day Bracelet!

Location: Green Road Community Center
 Age: 3-5yrs. Children will practice fine motor coordination and learn about colors while making a beaded stretchy bracelet they can take home. A great activity for boys and girls! Dads bring the kids to make mom a special gift from the heart. Materials are included, along with a Mother's Day card to color. Class requires an adult in attendance along with their child. Class Fee: \$8

#43121 Apr 29 Sa 10:00-10:45am

#43122 Apr 29 Sa 11:00-11:45am

Music - Very Young Musicians

Location: Sertoma Arts Center
 Age: 6-36mths. Lots of singing, holding hands, and playing together make up this fun class which is centered around parent and child. To ensure the one-on-one experience of the parent/child classes, the Arts Center requires that only those registered attend. To avoid distraction problems, older and younger siblings may not accompany the registered child to these classes. Class Fee: \$20

Ages 6-14mths

#41538 Jan 23-Feb 13 M 9:30-9:55am

#41548 Jan 25-Feb 15 W 9:30-9:55am

#41539 Mar 13-Apr 10 M 9:30-9:55am

class skips March 27

#41537 Mar 15-Apr 12 W 9:30-9:55am

class skips March 29

Ages 12-24mths

#41540 Jan 23-Feb 13 M 10:05-10:30am

#41541 Jan 25-Feb 15 W 10:05-10:30am

#41542 Mar 13-Apr 10 M 10:05-10:30am

class skips March 27

#41543 Mar 15-Apr 12 W 10:05-10:30am

class skips March 29

Ages 22-36mths

#41544 Jan 23-Feb 13 M 10:40-11:05am

#41545 Jan 25-Feb 15 W 10:40-11:05am

#41546 Mar 13-Apr 10 M 10:40-11:05am

class skips March 27

#41547 Mar 15-Apr 12 W 10:40-11:05am

class skips March 29

Music - Young Drum Rhythm & Music

Location: Optimist Community Center
 Age: 2-5yrs. Parent and child learn basic rhythm skills to help child develop physical, cognitive, and social skills using a variety of percussion instruments in a fun and safe environment. Class Fee: \$36
 #43167 Feb 27-Mar 13 M 10:30-11:15am
 #43168 Apr 10-24 M 10:30-11:15am

Recyclable Art

Location: Green Road Community Center
 Age: 2-4yrs. Children will be able to use things that can be recycled to make creative art. They will also have the ability to use unwanted materials to make creative and unique art creations. All students must be accompanied by an adult. Class Fee: \$10
 #42761 Jan 12 Th 10:00-11:15am
 #42762 Feb 9 Th 10:00-11:15am
 #42763 Mar 9 Th 10:00-11:15am
 #42764 Apr 13 Th 10:00-11:15am

Youth**Art - Cartooning**

Location: Sertoma Arts Center
 Age: 10-16yrs. This class will introduce students to the tools and methods of the comic book and comic strip cartoonists. Individuals will learn the effective use of pens and brushes and the proper methods for drawing our favorite characters in action. Richard Cloudt instructs. Class Fee: \$64
 #40992 Jan 9-Feb 20 M 4:00-6:00pm
 skips Jan 16
 #40993 Mar 13-Apr 24 M 4:00-6:00pm
 skips Mar 27

Art - Hand Sewing Beginners

Location: Laurel Hills Community Center
 Age: 6-10yrs. Hand sew a project that you can really use! Pencil case, pillow, and a purse are some of the projects you may choose to sew. Additional supply fee: \$5 per sewing kit. Class Fee: \$12
 #43118 Jan 23 M 10:30-11:30am
 #43119 Feb 20 M 10:30-11:30am
 #43120 Apr 3 M 10:30-11:30am

Art - Improve Your Drawing

Location: Sertoma Arts Center
 Age: 9-15yrs. Beginning and advanced students will benefit from this class. Various drawing techniques will be introduced

according to the skill level of the student. Graphite and charcoal will be used. Drawing can bring a lifetime of enjoyment. Anna Sanderson instructs. Class Fee: \$70
 #41553 Feb 7-Mar 14 T 4:00-6:00pm

Art - Ink Painting

Location: Sertoma Arts Center
 Age: 9-15yrs. Students will receive training in drawing and in the use of pen and India ink. Colored inks and watercolor paint will be options for enhancing their ink drawings. Anna Sanderson instructs. Class Fee: \$70
 #41554 Apr 6-May 11 Th 4:00-6:00pm

Art - Pet Portraits

Location: Sertoma Arts Center
 Age: 6-11yrs. In this course, children will create portraits of either their pets or of other animals they find interesting. Discussion will take place with the class to stimulate each child's creativity in terms of how they would like to portray the subject matter chosen. Each participant should bring at least two good-quality pictures of the animal chosen. We will be using acrylic paint as well as other materials (beads, buttons, sequins, dried flowers, etc) to complete the portraits. Staci Sawyer instructs. Class Fee: \$53
 #43578 Jan 11-Feb 1 W 4:00-6:00pm

Art - You Can Draw!

Location: Sertoma Arts Center
 Age: 7-9yrs. Students will learn the foundations of drawing through the training of the eye and hand. A variety of media will be used. See how fun and rewarding drawing can be. Anna Sanderson instructs. Class Fee: \$70
 #41555 Feb 2-Mar 9 Th 4:00-6:00pm

Art - You Can Paint!

Location: Sertoma Arts Center
 Age: 7-9yrs. Enjoy the delight of watercolor paint in a relaxed and supportive atmosphere! Instruction in drawing will be given and basic watercolor techniques will be introduced. Subject matter will be taken from still life and from nature. Anna Sanderson instructs. Class Fee: \$70
 #41556 Apr 4-May 9 T 4:00-6:00pm

Ballet Basics

Location: Millbrook Exchange Community Ctr
 Age: 6-10yrs. Come and learn the dance of beauty and grace! Learn and explore the basics of ballet while learning form, positions, techniques, formation and locomotion, non locomotion movements with self expression, discovery and fun. Perform the ballerina's dance walk, turns, lifts, opens, passe, leaps, and move to the princess songs with classical music. Class instructed by Khadija El-McPherson, choreographer and certified teacher. Class Fee: \$42
 #40943 Jan 10-31 T 6:45-7:30pm
 #40944 Feb 7-28 T 6:45-7:30pm
 #40945 Mar 14-Apr 4 T 6:45-7:30pm
 #40946 Apr 11-May 2 T 6:45-7:30pm

Basic Acting

Location: Lake Lynn Community Center

Age: 9-12yrs. Learn about fun tones and voice projection, timing, style, communication, and formats. Class Fee: \$45

#43823	Jan 19-Feb 9	Th	8:00-9:00pm
#43824	Mar 2-23	Th	8:00-9:00pm
#43825	Apr 6-27	Th	8:00-9:00pm

Body Rhythm

Location: Roberts Park Community Center

Age: 9-14yrs. Do you like to dance? Do you have rhythm? Would you like to move your body to various hip hop beats? A great way to learn new moves, stay fit and meet new friends. Class Fee: \$25

#43017	Mar 7-28	T	6:30-7:30pm
#43018	Apr 4-25	T	6:30-7:30pm

Ceramics for Youth

Location: Walnut Terrace Community Center

Age: 6-15yrs. Learn to pour, clean and paint age appropriate ceramic pieces. Nominal prices for items poured and the use of paint. An excellent arts and crafts idea for home schoolers. Class Fee: \$0

#42584	Jan 9-Apr 24	M	12:00-5:00pm
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Clay - Handbuilding for Children

Location: Sertoma Arts Center

Age: 5-8yrs. Children work with real clay and learn various methods of constructing pottery, such as pinch, coil and slabs to form their own unique creations. Pieces will be glazed during the last class and students can pick up finished work after course is completed. Mira Woodwell instructs. Class Fee: \$48

#41081	Jan 5-26	Th	4:15-5:30pm
#41082	Feb 16-Mar 9	Th	4:15-5:30pm
#41111	Mar 30-Apr 20	Th	4:15-5:30pm

Clay - Handbuilding for Youth & Teens

Location: Sertoma Arts Center

Age: 9-15yrs. Students work with real clay and learn various methods of constructing pottery, such as pinch, coil and slabs to form their own unique creations. Pieces will be glazed during the last class and students can pick up finished work after the course is completed. Mira Woodwell instructs. Class Fee: \$48

#41078	Jan 4-25	W	4:15-5:30pm
#41079	Feb 15-Mar 8	W	4:15-5:30pm
#41080	Mar 29-Apr 19	W	4:15-5:30pm

Dance - Ballet/Tap/Praise & Worship

Location: Tarboro Road Community Center

Age: 4-14yrs. This class helps to promote coordination, confidence, artistic expression, and physical fitness. Class Fee: \$40

#43656	Jan 7-30	M,Sa	10:00-11:00am
#43657	Feb 4-27	M,Sa	10:00-11:00am
#43658	Mar 4-27	M,Sa	10:00-11:00am
#43659	Apr 1-29	M,Sa	10:00-11:00am

Dance - Hip Hop Jam

Location: Laurel Hills Community Center

Age: 6-11yrs. Learn the basics of jazz with a hip hop flare. Have fun with the latest

street dancing while developing body awareness, self image, and confidence. Traditional and innovative steps introduced along with rhythmic movement. Learn heel toe, Atlanta stomp, step and more. Class Fee: \$40

#41795	Jan 6-27	F	6:30-7:15pm
#41796	Feb 3-24	F	6:30-7:15pm
#41798	Mar 3-24	F	6:30-7:15pm
#41799	Apr 7-May 5	F	6:30-7:15pm
#41808	Jan 6-27	F	7:15-8:00pm
#41809	Feb 3-24	F	7:15-8:00pm
#41810	Mar 3-24	F	7:15-8:00pm
#41811	Apr 7-May 5	F	7:15-8:00pm

Dance - Preschool Ballet, Jazz, & Modern

Location: Sertoma Arts Center

Age: 4-6yrs. Students will develop coordination, self confidence and body awareness through ballet, jazz, and modern. Class will work on rhythm and spatial patterns in a fun and safe environment. Parents are invited to the last class. Hanna Chio instructs. Class Fee: \$47

#41371	Jan 14-Feb 4	Sa	12:30-1:15pm
#41372	Feb 18-Mar 11	Sa	12:30-1:15pm
#41373	Apr 15-May 6	Sa	12:30-1:15pm

Dance - Tap & Jazz

Location: Lake Lynn Community Center

Age: 10-12yrs. Explore the exciting experience of learning dance movements, focusing on tap and jazz, incorporated into sequences for composition and seasonal dance routines. Innovative rhythmic steps with music. Builds confidence, self-esteem, coordination and body control. Class Fee: \$45

#43101	Jan 19-Feb 9	Th	7:00-7:45pm
#43102	Mar 2-23	Th	7:00-7:45pm
#43103	Apr 6-27	Th	7:00-7:45pm

Dance - Youth Ballet, Jazz, & Modern

Location: Sertoma Arts Center

Age: 7-10yrs. Students will develop coordination, self confidence and body awareness through ballet, jazz, and modern. Class will work on rhythm and spatial patterns in a fun and safe environment. Parents are invited to the last class. Hanna Chio instructs. Class Fee: \$57

#41374	Jan 14-Feb 4	Sa	1:30-2:30pm
#41375	Feb 18-Mar 11	Sa	1:30-2:30pm
#41376	Apr 15-May 6	Sa	1:30-2:30pm

Dance II

Location: Chavis Community Center

Age: 6-8yrs. Your star will shine after learning tap, jazz and ballet. Participants will show the skills they have learned through performances, competitions and parades. Class Fee: \$60

#41875	Jan 2-30	M	5:00-6:00pm
#41876	Feb 6-27	M	5:00-6:00pm
#41877	Mar 6-27	M	5:00-6:00pm
#41878	Apr 3-24	M	5:00-6:00pm

Dance III

Location: Chavis Community Center

Age: 9-11yrs. Learn tap, ballet and jazz and show the skills you have learned through performances, competitions and parades.

Class Fee: \$60

#41880	Jan 2-23	M	6:00-7:00pm
#41881	Feb 6-27	M	6:00-7:00pm
#41882	Mar 6-27	M	6:00-7:00pm
#41883	Apr 3-24	M	6:00-7:00pm

Dance IV

Location: Chavis Community Center

Age: 12yrs and up. Learn tap, jazz and ballet and show the skills that you have learned through performances, competitions and parades. Class Fee: \$60

#41884	Jan 2-16	M	7:00-8:30pm
#41885	Feb 6-27	M	7:00-8:30pm
#41886	Mar 6-27	M	7:00-8:30pm
#41887	Apr 3-24	M	7:00-8:30pm

Drama - Fairytale Players

Location: Sertoma Arts Center

Age: 5-8yrs. After listening to a fairytale, children will act it out by using their own creativity and imagination. Parents are invited to the last class. Breezy instructs. Class Fee: \$40

#41384	Jan 23-Feb 27	M	4:30-5:30pm
#41387	Apr 19-May 24	W	4:30-5:30pm

Drama - Improv Theater

Location: Sertoma Arts Center

Age: 9-15yrs. Students will learn to be creative and fast-thinking by acting out situations provided. Parents are invited to the last class. Breezy instructs. Class Fee: \$40

#41385	Jan 23-Feb 27	M	5:45-6:45pm
#41388	Apr 19-May 24	W	5:45-6:45pm

Drawing - Basics in Drawing & Sketching

Location: Optimist Community Center

Age: 10-16yrs. Learn the basics in drawing and sketching. Create your own masterpieces and develop your talent and establish your style. Studies include perspective and depth, contour, gesture and value. Some materials provided. Optional supply list provided. Class Fee: \$80

#43172	Feb 7-Mar 28	T	7:30-8:30pm
#43173	Apr 11-27	T,Th	7:30-8:30pm

Drawing and Painting for Kids

Location: Pullen Arts Center

Age: 9-14yrs. Come explore the elements of design. Classes will focus on line and contrast, value, patterns and textures, shapes, form and space using a variety of two-dimensional media. Then turn your drawings into paintings. We will explore watercolor, and tempera paint. Instructor: TBA (4 weeks). Class Fee: \$40

#42271	Apr 8-29	Sa	10:30am-12:00pm
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Fibers - Tie-Dye, Shibori and Batik

Location: Pullen Arts Center

Age: 7-9yrs. Create your own unique clothing and wall hangings by experimenting with interesting dyeing techniques. We will use many types of resists including clamps, rubber bands, and wax to design colorful t-shirts, scarves and pieces of fabric. Instructor: Emily Soldin Howard (4 weeks). Class Fee: \$65

#42246	Feb 18-Mar 11	Sa	10:00am-12:30pm
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Arts Youth continued next page —

KidzArt®

Location: Millbrook Exchange Community Ctr
 Age: 6-11yrs. KidzArt® is a fun, safe, unique and confidence building drawing program for children of all ages. Our mission is to provide kids the opportunity to have art in their lives, increase their skills and knowledge of various art mediums, learn to draw using a proven method and, most of all, to have fun! KidzArt® was created to enhance a child's creative self-expression by using instructional drawing methods that allow the child to produce original, representational art in the first 1-4 lessons by doing projects that are simple, fun and produce great results. It allows kids to explore, express and be uplifted in a noncompetitive environment. Children must have completed Kindergarten to participate. Classes are taught by a KidzArt® certified instructor and are limited to 10 children. Class Fee: \$60

#40856	Jan 19-Feb 9	Th	4:30-5:30pm
#40857	Feb 23-Mar 16	Th	4:30-5:30pm
#40858	Mar 30-Apr 13	Th	4:30-5:30pm

Music - Piano - Play It Again Peanut

Location: Walnut Terrace Community Center
 Age: 6yrs and up. Piano lessons for the beginner to the advanced. Learn to play by ear, reading notes or by chords. Two recitals per year. Cost is monthly for weekly half hour sessions. Class Fee: \$35

#42416	Jan 7-28	Sa	9:00am-3:00pm
#42417	Feb 4-25	Sa	9:00am-3:00pm
#42418	Mar 4-25	Sa	9:00am-3:00pm
#42419	Apr 1-29	Sa	9:00am-3:00pm

Music - Raleigh Children's Orchestra

Location: Sertoma Arts Center
 Age: 6-13yrs. The Raleigh Children's Orchestra is a multilevel string orchestra for students in grades 1-7, who have played for 6 months or more. The orchestra provides a rare opportunity for young players to rehearse and perform in an orchestra setting. Each semester begins anew with the learning of new pieces of music, culminating in a free public concert for friends and family. Students provide their own instruments.

Director: Ilse Mann. Class Fee: \$107

#41576	Jan 5-May 11	Th	4:30-5:40pm
#41577	Jan 5-May 11	Th	5:45-6:55pm

Pottery - Kidz Clay

Location: Pullen Arts Center

Age: 8-12yrs. Kids love to make things that can really be used! The first session introduces the basics of handbuilding functional objects with clay-pinch pots, coiling, slab-work and molds. We'll make, decorate and glaze cups, bowls and other functional objects. The second session is for Sculptural work. This class can be a continuation of the functional class or it can stand on it's own. The same handbuilding techniques are repeated and expanded, using animals, faces and figures, as well as the students own creative ideas for projects. Sculptural

forms are more individualized developing problem solving skills and handbuilding techniques. Projects will be glazed and need to be picked up at a later date.

Materials provided. Instructor: Jayne

Cluggish (4 weeks). Class Fee: \$40

#42393	Feb 1-22	W	4:00-5:30pm
#42394	Mar 1-22	W	4:00-5:30pm

Reader's Theater - Making Reading Fun

Location: Millbrook Exchange Community Ctr
 Age: 6-9yrs. No props. No costumes. No scenery. No lines to memorize. No kidding.....It's Reader's Theater! The Reader's Theater strategy blends students' desire to perform with their need for oral reading practice. Reader's Theater offers an entertaining and engaging means of improving fluency and enhancing comprehension. "Education World Magazine," "Reader's Theater; A Reason to Read Aloud." (September 2003). Reader's Theater makes reading come alive, builds oral fluency, strengthens, promotes teamwork, and develops confidence. The Instructor is a Certified teacher with 12 years experience. The course is geared for Second and Third graders. Class Fee: \$48

#40990	Jan 28-Feb 18	Sa	11:30am-12:30pm
#40991	Mar 4-25	Sa	11:30am-12:30pm

Tap Jazz and Ribbon Dance

Location: Millbrook Exchange Community Ctr
 Age: 7-12yrs. Explore a variety of dance forms through movements, routines, and composition. Dance with colorful ribbon/steamers, props and creative manipulatives for fun! Capture the wonderful feeling of self discovery while learning the basics of tap, heel-toe and shuffle combinations. Experience the sensation of Jazz while learning the take 5' technique with creative step variations. This is a great session for promoting social skills, motivation and fitness. Choreographer Khadija El-McPherson. Class Fee: \$42

#42027	Jan 9-30	M	6:15-7:00pm
#42028	Feb 6-27	M	6:15-7:00pm
#42029	Mar 13-Apr 3	M	6:15-7:00pm
#42030	Apr 10-May 1	M	6:15-7:00pm

Teen**Dance - Hip Hop for Teens**

Location: Sertoma Arts Center

Age: 11-17yrs. We're proud to serve up the latest moves so you can 'wow' your friends at the next dance. Hanna Chio instructs.

Class Fee: \$57

#41316	Jan 10-31	T	4:00-5:00pm
#41317	Feb 21-Mar 14	T	4:00-5:00pm
#41342	Apr 4-25	T	4:00-5:00pm

Dance - Prom Preparation

Location: Sertoma Arts Center

Age: 11-18yrs. Don't just stand there swaying to the music! Get out there and DANCE. This class will get you ready for prom and other spring dances at your middle or high school. Guys will have the confidence to ask

that special girl for a dance. Girls will be able to avoid having their toes stepped on. Wear leather-soled or other slick shoes. No partner necessary. Class Fee: \$39

#42185	Jan 23-Feb 13	M	4:00-5:00pm
#42186	Apr 3-24	M	4:00-5:00pm

Dance - Hip-Hop Dance Team

Location: Carolina Pines Community Center

Age: 12-17yrs. Calling all boys and girls to come join Carolina Pines dance and step team. You will learn awesome dance and step routines to be able to perform in shows and special events throughout the year. Call Shanika for details 831-6435. Class Fee: \$0

#41797	Jan 13-Apr 21	F	6:30-8:30pm
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Fibers - Batik Painting

Location: Pullen Arts Center

Age: 10-15yrs. All over the world, many cultures have enjoyed the unique art of waxing and dyeing to create beautiful designs on fabric. This class will explore traditional and modern techniques including painting, tjanting and a tjap to create expressive and individual paintings. Instructor: Emily Soldin Howard (4 weeks). Class Fee: \$65

#42255	Apr 15-May 6	Sa	10:00am-12:30pm
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Photography and Darkroom for Youth

Location: Sertoma Arts Center

Age: 11-16yrs. Students will learn how to process film and print their own black and white photos in the darkroom. All aspects of the camera and what makes a good photograph will be covered. Non-traditional forms of photography such as sunprints, photograms, making negatives, toning, hand-coloring, and frame-making will also be taught. Bring to the first class an empty camera and \$10 for materials, made payable to the instructor. A supply list will be provided and students will provide their own materials in future classes. Jill Snyder instructs. Class Fee: \$68

#41144	Jan 11-Feb 22	W	4:00-6:00pm
#41145	Mar 15-Apr 26	W	4:00-6:00pm

Step Team at Ralph Campbell Center

Location: Ralph Campbell Community Center

Age: 12-16yrs. Stepping, Dancing, and other basic skills are needed to be on the step team. Step it out! A Step Team designed to put teens in motion. The Step Team competes with other teams in the area. They also appear in programs and perform in parades. The Step Team is very energetic and fun. Class Fee: \$5

#43051	Jan 9-Jun 7	M,W	6:00-8:00pm
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Step Team at Tarboro Road

Location: Tarboro Road Community Center

Age: 14-18yrs. Come and join the Tarboro Rd. 'Steppers'. You will learn dance routines and compete in dance competitions. Class Fee: \$0

#43636	Jan 3-31	T,Th	7:15-9:15pm
#43637	Feb 2-28	T,Th	7:15-9:15pm
#43638	Mar 2-30	T,Th	7:15-9:15pm
#43639	Apr 4-27	T,Th	7:15-9:15pm

Adult

Message in a Bottle Necklace

Location: Green Road Community Center
Age: 18yrs and up. Create the perfect gift using wire, a small corked bottle and beads to hold a message, prayer, perfume or small treasure. Class fee includes use of tools and the supplies to make one bottle. Additional supplies to take home will be available for purchase. No previous experience is necessary. Class Fee: \$15

#43126 Feb 7 T 7:00-9:00pm

Art - Painting/Drawing Beginners

Location: Laurel Hills Community Center
Age: 16yrs and up. The still life offers the beginner artist a chance to explore self expression and creativity. In this unique workshop participants can bring the artistic medium of their choice. Supply list provided. Class Fee: \$60

#42836 Jan 23-Feb 13 M 7:00-8:45pm
#42837 Feb 20-Mar 13 M 7:00-8:45pm
#42838 Apr 3-24 M 7:00-8:45pm

Art - Criticism of Work in Progress

Location: Jaycee Community Center
Age: 18yrs and up. Students bring one piece of work currently in progress, in any medium, for critique. Emphasis will be on paintings and drawings, but sculpture may be included. Ben Williams instructs. Class Fee: \$75

#42462 Mar 6-Apr 24 M 1:00-3:30pm

Ballroom Dance - Carousel Club Level I

Location: Pullen Community Center
Age: 18yrs and up. Learn how to waltz, cha-cha, rumba, tango, samba, and two step. Each dance step is cued (announced) so the whole group dances in sequence. Join us for a fun and relaxed atmosphere. Partners are required. Club Dues.

#40996 Jan 7-Apr 29 Sa 11:00am-12:30pm

Ballroom Dance - Carousel Club Level II

Location: Pullen Community Center
Age: 18yrs and up. Improve your ballroom dance skills in the waltz, cha-cha, rumba, tango, samba, and two step. Each dance step is cued (announced) so the whole group dances in sequence. Join us for a fun and relaxed atmosphere. Partners are required. Club Dues.

#41049 Jan 7-Apr 29 Sa 12:30-2:30pm

Ballroom Dance - Carousel Club Level III

Location: Pullen Community Center
Age: 18yrs and up. Advance your ballroom dance skills in the waltz, cha-cha, rumba, tango, samba, and two step. Each dance step is cued (announced) so the whole group dances in sequence. Join us for a fun and relaxed atmosphere. Partners are required. Club Dues.

#40997 Jan 9-Apr 29 M,Sa 7:30-9:15pm

Ballroom Dance - Friday

Location: Pullen Community Center
Age: 18yrs and up. Dance the night away with your favorite ballroom dances every Friday night. Live band will play once a month. Please call for band schedule. Weekly admission fee.

#40998 Jan 6-Apr 28 F 7:30-10:00pm

Baskets - Beginner Basket Green Handle

Location: Sertoma Arts Center
Age: 16yrs and up. Students will learn basic twinning techniques with start and stop sides while making this great beginner round basket, woven with a 10" x 10" D handle. The basket's rim and handle are stained, painted, and given a distressed look. This basket will look great holding anything and everything! All levels of weavers welcomed. Dimensions: 10 in. diameter, round with handle. Bring \$20 to purchase kit from instructor. Brenda Elshof instructs. Class Fee: \$25

#41557 Jan 20 F 9:30am-2:30pm
#41558 Jan 21 Sa 9:30am-2:30pm

Baskets - Blanket Basket

Location: Sertoma Arts Center
Age: 16yrs and up. This basket is fun for both beginning and advanced weavers! Technique and design will include start and stop sides with bushel handles and ball feet. A great accent for any room, this all-around blanket basket is sturdy enough to hold newspapers, blankets, toys, etc. The sturdy bushel handles make carrying this basket easy. Dimensions: 12" W x 15" L x 9" H. Bring \$25 to purchase kit from instructor. Brenda Elshof instructs. Class Fee: \$25

#41559 Feb 17 F 9:30am-2:30pm
#41560 Feb 18 Sa 9:30am-2:30pm

Baskets - Contrasting Double-Wall

Location: Sertoma Arts Center
Age: 16yrs and up. This fun double-walled basket is woven with a twilled base, in one piece with the inside woven in contrast to the outside. The handles are inserted in the rim level making it easy to carry. Some weaving experience is a plus. Dimensions: 7.5" W x 7.5" L x 5.5" H. Bring \$25 to purchase kit from instructor. Brenda Elshof instructs. Class Fee: \$25

#41561 Mar 24 F 9:30am-2:30pm
#41562 Mar 25 Sa 9:30am-2:30pm

Baskets - Message Basket

Location: Sertoma Arts Center
Age: 16yrs and up. Learn to weave a wall basket that holds a memo pad, a pen, and messages! Built on a wood frame with a rung for a memo pad, this basket is ideal for dorm, office, and home. Decorate both sides and get two looks in one basket. Choice of embellishments available. Dimensions: 7" W x 10" H. Bring \$15 to purchase kit from instructor. Barbara McGeachy instructs. Class Fee: \$20

#41566 Apr 8 Sa 10:30am-2:00pm



Baskets - Small Twill Basket

Location: Sertoma Arts Center

Age: 16yrs and up. Weave this simple and fun small market basket using a two over two under weave! Students will learn techniques such as lying out a twill base, a two over two continuous weave, and setting in a wooden handle. This is an award-winning basket! Some weaving experience is a plus, but not mandatory. Dimensions: 6" L x 8" W x 8" H. Bring \$20 to purchase kit from instructor. Brenda Elshof instructs. Class Fee: \$25

#41563	Apr 21	F	9:30am-2:30pm
#41564	Apr 22	Sa	9:30am-2:30pm

Baskets - Square Market Basket

Location: Sertoma Arts Center

Age: 16yrs and up. Learn to weave a handsome yet easy basket. We start by laying out a square base with a wood D handle. Then weave the sides straight up using alternating rows of flat and flat-oval reed. Lash on a rim and you're done! Dimensions: 8" L x 8" W x 12" H. All levels are welcome. Bring \$15 to purchase kit from instructor. Barbara McGeachy instructs. Class Fee: \$23

#41565	Feb 4	Sa	10:00am-2:30pm
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Belly Dance Beyond Beginning

Location: Lake Lynn Community Center

Age: 16yrs and up. After learning the basics, move on to Beyond Beginning and learn choreography, zills, and veil routines. Opportunities for performing are provided along with information on costuming, makeup and jewelry. Please contact center prior to registering. Class Fee: \$80

#43437	Jan 9-Mar 6	M	8:00-9:00pm
			no class Jan 16
#43438	Mar 13-May 1	M	8:00-9:00pm

Belly Dance For Beginners

Location: Lake Lynn Community Center

Age: 16yrs and up. This class will consist of gentle exercises and dance steps of the Middle Eastern folk dance tradition. The class will give students an opportunity to stretch muscles, burn calories and learn dance steps while having fun. Wear comfortable pants, no shoes. Instructor K'asha. Class Fee: \$80

#43433	Jan 9-Mar 6	M	7:00-8:00pm
			no class Jan 16
#43435	Mar 13-May 1	M	7:00-8:00pm
#43691	Jan 10-Feb 28	T	7:00-8:00pm
#43692	Mar 7-Apr 25	T	7:00-8:00pm

Bob Rankin's Introduction to Acrylics

Location: Sertoma Arts Center

Age: 16yrs and up. An introduction to the many possibilities of acrylics using the newest acrylic mediums on the market. Emphasis will be on creative problem solving leading to new artistic directions. Any student level accepted. Bob Rankin instructs. Class Fee: \$98

#42319	Feb 10-11	F	9:00am-4:45pm
		Sa	9:00am-2:45pm

Ceramics - Greenware to Dreamware

Location: Walnut Terrace Community Center
Age: 16yrs and up. An on going Ceramic Studio for all—the beginner to the experienced. Learn to pour, clean and paint ceramics pieces customized by you! Pay for what you pour. Supplies and paint are extra but can be purchased from the studio. Fees are annual July 1-June 30. Class Fee: \$6

#42594	Jan 3-Apr 24	M-Th	12:00-5:00pm
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Dance - Ballroom I

Location: Sertoma Arts Center

Age: 16yrs and up. Students are introduced to at least four of the following dances in each 9-week series: Fox-trot, Swing, Waltz, Cha-Cha, Rumba, Tango, Hustle, Mambo, Samba and Merengue. Instruction in each dance includes the basics, technique, and styling for both beginning and some advanced patterns. Fifteen minutes of freestyle dancing concludes the class. Registration by couple only. Class Fee is per person. Liz Sorrell and Bob Klatt instruct. Class Fee: \$65

#40994	Jan 24-Mar 21	T	7:15-8:30pm
#41148	Apr 11-Jun 6	T	7:15-8:30pm

Dance - Ballroom II

Location: Sertoma Arts Center

Age: 16yrs and up. Students should be proficient in the majority of the dances covered in Ballroom I and ready to progress to more difficult routines. In addition, students will be introduced to more advanced dances such as Advanced Foxtrot and Quickstep. Fifteen minutes of freestyle dancing starts the class. Registration by couple only. Class Fee is per person. Pre-requisite: At least 3 Ballroom I dance series, or the equivalent (substantial training elsewhere). 9-week series. Liz Sorrell and Bob Klatt instruct. Class Fee: \$65

#41149	Jan 24-Mar 21	T	8:15-9:35pm
#41150	Apr 11-Jun 6	T	8:15-9:35pm

Dance - Belly Dance Introduction

Location: Sertoma Arts Center

Age: 16yrs and up. This is a three hour class designed to teach the basic moves of Belly Dance. It will include Isolations of the head, shoulders, chest, and hips. It will include simple combinations that can be practiced at home after this class. We will do some with veil and cymbals also. The student should wear flexible clothes or workout attire. No previous experience is necessary. Clare Smith instructs. Class Fee: \$30

#42430	Mar 11	Sa	9:00am-12:00pm
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Dance - Beyond Basics of Belly Dance

Location: Sertoma Arts Center

Age: 16yrs and up. This class will focus on layering shimmies over other basic moves. The student will be challenged with more complex combinations. We will expand on Veil Technique and some cymbals. The previous class or other Belly Dance training is recommended. Clare Smith instructs. Class Fee: \$30

#42431	Apr 1	Sa	9:00am-12:00pm
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Dance - Raleigh International Folk Dancers

Location: Glen Eden Park

Age: 16yrs and up. Exercise, socialize, and learn the joy of dancing with music from many world cultures. The Raleigh International Folk Dancers teach newcomers through a basic vocabulary workshop and dances. Previous cultural dance styles include Polish, Turkish, Israeli, Romanian, and Bulgarian. Memberships dues are 75¢/person/meeting. No registration necessary. Classes are held at Glen Eden Pilot Park – 1500 Glen Eden Dr. Class Fee: 75¢

#42550	Jan 6-27	F	6:00-10:30pm
#42551	Feb 3-24	F	6:00-10:30pm
#42552	Mar 3-31	F	6:00-10:30pm
#42553	Apr 7-28	F	6:00-10:30pm

Dancing - Irish

Location: Millbrook Exchange Community Ctr

Age: 16yrs and up. Irish SET dancing is not Irish STEP dancing. Irish SET dancing is done to Irish music (jigs, reels, hornpipes, etc.) in groups of four couples called sets. It can be vigorous at times but is easy to learn and is a lot of fun. We will begin with the North Kerry Set, in which you will learn the basic steps and movements, and progress from there. You do not need a partner to enroll in the class. Unfortunately, for safety considerations, the class is not open to children. Class Fee: \$5

#41073	Jan 12-26	Th	7:00-9:00pm
#41074	Feb 2-23	Th	7:00-9:00pm
#41075	Mar 2-23	Th	7:00-9:00pm
#41076	Apr 6-27	Th	7:00-9:00pm

Drawing - Basic Techniques

Location: Sertoma Arts Center

Age: 16yrs and up. This class is for both beginners and anyone who needs to be refreshed on the basics of drawing. Learn contour line, proportion, perspective, form and value. This class establishes a good foundation for all painting classes. Cindy Mounce instructs the Wednesday morning class and Autumn Cobeland instructs the Thursday evening class. Class Fee: \$79

#43826	Feb 1-Mar 8	W	9:30am-12:00pm
#41152	Feb 2-Mar 9	Th	7:00-9:30pm

Drawing - Basic Techniques Continued

Location: Sertoma Arts Center

Age: 16yrs and up. Students will approach a different subject each week with emphasis on good composition and new drawing techniques. Cindy Mounce instructs. Class Fee: \$79

#41156	Mar 29-May 3	W	9:30am-12:00pm
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Drawing - Beginning

Location: Pullen Arts Center

Age: 16yrs and up. Learn to draw what you see through the study of contour, composition, perspective, and value. This course provides a good foundation for all painting classes. Some materials provided. Optional Supply List provided. Instructor: Leslie Pruneau (6 weeks). Class Fee: \$68

#42101	Jan 9-Feb 20	M	7:00-9:00pm
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Drawing - Cartooning for Adults

Location: Sertoma Arts Center

Age: 16yrs and up. This class is perfect for both the complete novice and the seasoned amateur intent on developing their own ideas. Students will use a variety of mixed media, including ink and watercolor, to create cartoons. Beginning with the black and white, single-panel gag cartoon (like those of New Yorker magazine fame), students will study the cartoon form of their choice — from comic strips, editorial cartoons, story book illustration and action comics — for their own projects and purposes. Students will learn good, basic drawing mechanics, the use of various media, idea creation and delivery. Materials will be supplied by the instructor for a small fee collected at first class. Richard Cloudt instructs. Class Fee: \$84
#41157 Jan 23-Mar 13 M 7:00-9:00pm

Drawing - Colored Pencil

Location: Sertoma Arts Center

Age: 16yrs and up. Colored pencil offers unlimited possibilities for drawing. Learn varied techniques, such as layering, subtraction, grisaille and others. Class will discuss papers, characteristics of various brands of pencils, and other related subjects. Beginning to intermediate level students welcome. Previous drawing experience required. Linda Koffenberger instructs. Class Fee: \$79
#42253 Jan 23-Feb 20 M 9:30am-12:30pm

Drawing - Conceptual Art

Location: Sertoma Arts Center

Age: 16yrs and up. This drawing class is to help students learn to think outside the box and go beyond what they visually perceive. Students will learn techniques for taking ideas and thoughts and combining them with life experiences to create a drawing that expresses them artistically at a new level. It is the process of combining new visions (retinal flashes) with the past. The student will start a new drawing each class while utilizing the concepts and techniques learned from the class(s) before. The student will explore a variety of drawing media. Instructor will provide a materials list prior to the first class. Drawing background helpful but not a must. Tim Postell instructs. Class Fee: \$79
#42332 Jan 11-Feb 15 W 1:00-3:30pm

Drawing - Continuing

Location: Pullen Arts Center

Age: 16yrs and up. Further explore your drawing skills while experimenting with other materials such as charcoal, and pen & ink. Focus on your individual style will be enhanced through personal instruction and critiques. Pre-requisite: any beginning drawing class. Supply List provided. Instructor: Leslie Pruneau (6 weeks). Class Fee: \$68
#42102 Mar 6-Apr 10 M 7:00-9:00pm

Drawing the Human Form

Location: Pullen Arts Center

Age: 16yrs and up. Learn to draw people by breaking down the complexities of the

human figure into simpler planes and masses. We will study proportion and form through techniques using graphite, charcoal and conte' crayon. Pre-requisite: Any beginning drawing class. Live model provided. Instructor: Leslie Pruneau. (6 sessions). Class Fee: \$84
#42103 Mar 9-Apr 13 Th 7:00-9:00pm

Fairy Bubblewand Jewelry

Location: Green Road Community Center

Age: 18yrs and up. Use beads, wire and round-tipped pliers to make mini bubble wands and matching vial pendants of bubble liquid for the young fairies and little leprechauns in your life. But even grownups can't resist these! Class fee includes use of tools and the supplies to make one set. Additional supplies to take home will be available for purchase. No previous experience is necessary. Class Fee: \$20
#43125 Mar 12 Su 2:00-4:00pm

Fibers - Batik Workshop

Location: Pullen Arts Center

Age: 16yrs and up. Explore the ancient art of dyeing and waxing, using traditional and modern techniques, to create beautiful paintings and wall hangings. This class will work for beginners or experienced batik artists. Instructor: Emily Soldin Howard. Class Fee: \$75
#42260 Jan 21-22 Sa-Su 10:00am-4:00pm

Finding the Artist Within

Location: Pullen Arts Center

Age: 16yrs and up. A workshop designed to explore what it takes to be an artist (literary, visual, performing, and/or electronic media) and to discover your secret reserves of talent and creativity, allowing your natural artistic expression to emerge. If you are an emerging artist already or an artist wanna-be or never thought you could be one, this four-week course will give you the tools to unlock your creative soul and open up opportunities for it to flower. Instructor: Penny De Pas. Class Fee: \$77
#42291 Mar 2-23 Th 7:00-9:00pm

Glass - Beadmaking Introduction

Location: Pullen Arts Center

Age: 16yrs and up. Receive hands-on experience in creating miniature works of art! This introduction to basic glass beadmaking includes: glass safety; compatibility of glasses and different glasses available for use; annealing glass; using the 'Hot Head' torch with Mapp gas for lampworking glass beads; building the basic bead; equipment and tools; techniques for decorating beads by making and incorporating stringers and twisters and by applying surface textures. Supply fee of approx. \$12 payable at first class. Students bring 1lb. yellow MAPP gas cannister (available at hardware stores, Lowes, Home Depot). Students bring a lunch to class. Supply List provided. Instructor: Marjorie Putnam (1 session). Class Fee: \$110
#41242 Apr 8 Sa 10:00am-3:00pm

Glass - Beginning Stained Glass

Location: Pullen Arts Center

Age: 16yrs and up. Light and glass make a beautiful pair! Our course will include designing for stained glass, glass cutting, copper foil techniques and soldering a flat stained glass panel. We will begin with a light catcher for practice and then make a simple medium-sized panel. (Some outside class work will be necessary). Structural bracing and utilizing stained glass panels in windows and doors, as interior and exterior panels, will be discussed. We will also discuss safety, types of glass and tool options. Students purchase glass at class, beginning at approx. \$25 depending on size and complexity of project. Students bring a lunch to class. Instructor: Marjorie Putnam (2 sessions). Class Fee: \$110
#41381 Jan 28-Feb 4 Sa 10:00am-3:00pm

Glass - Exquisite Dichroic Cabochons

Location: Pullen Arts Center

Age: 16yrs and up. Explore the fascinating and often breath-taking properties of kiln-fired dichroic glass. Principles of design that should be considered when creating glass jewelry, such as color and proportion, will be introduced. The behavior of glass, dichroic glass in particular, at various kiln temperatures will also be discussed. The workshop will span two weekends to allow participants to prepare pieces for two kiln firings. No prior fusing experience is required. Supply fee of approx. \$25 payable at first class. Instructor: Brooke L. Hemming (2 sessions). Class Fee: \$88
#42697 Feb 18-25 Sa 10:00am-3:00pm

Glass - Fused Glass Intro & PMC

Location: Pullen Arts Center

Age: 16yrs and up. This class will introduce the fundamentals of fusing glass in a kiln and will introduce the concepts of mounting fused glass to Precious Metal Clay (PMC). Utilizing small scraps of Bullseye glass, stringers, powders, and frit, students will make small jewelry pieces and possibly small tiles. Included will be instruction in glass compatibility, annealing, and sculpting. Students may chose to mount their pieces using PMC. If so, a \$70 supply fee for PMC materials will be payable to the instructor at first class (or students may provide their own PMC). All students pay a glass supply fee of approx. \$15 at first class. Instructor: Marjorie Putnam (2 sessions). Class Fee: \$90
#41386 Feb 27-28 M-T 6:00-8:30pm

Glass - Fused Glass Intro: Large

Location: Pullen Arts Center

Age: 16yrs and up. This class will utilize Bullseye glass, stringers, powders, and frit to make large (8-10 inch) fused glass pieces. Included will be instruction in glass compatibility, annealing, and sculpting. Supply fee of approx. \$30 plus (depending on size and number of projects) payable at first class. Pre-requisite: Fused Glass Intro:

Fused Glass Intro: Large continued next page —

Fused Glass Intro: Large continued —

Medium at Pullen Arts Center. Instructor:
Marjorie Putnam (1 session). Class Fee: \$90
#41240 Mar 14 T 6:00-9:30pm

Glass - Fused Glass Intro: Medium

Location: Pullen Arts Center

Age: 16yrs and up. This class will utilize Bullseye glass, stringers, powders, and frit to make medium (4-6 inch) fused glass pieces. Included will be instruction in glass compatibility, annealing, and sculpting. Supply fee of approx. \$22 plus (depending on size and number of projects) payable at first class. Pre-requisite: Fused Glass Intro at Pullen Arts Center. Instructor: Marjorie Putnam (1 session). Class Fee: \$90
#41239 Mar 7 T 6:00-9:30pm

Glass - Glass & PMC Open Studio

Location: Pullen Arts Center

Age: 16yrs and up. This course allows supervised access to Pullen Arts Centers glass kiln, torch, & glass cutting and soldering equipment for you to continue your glass and PMC projects. Kiln will be available for fusing, slumping, and PMC projects. Students purchase needed glass and PMC supplies from center and/or instructor. Prerequisite: beginner level course at Pullen Arts Center in students chosen glass or PMC medium. Instructor: Marjorie Putnam (6 weeks). Class Fee: \$81
#41581 Jan 9-Feb 20 M 6:00-9:00pm

Glass - Kiln Casting: small objects

Location: Pullen Arts Center

Age: 16yrs and up. Create small sculptural pieces in glass! Students will use modeling clay to form small sculptures (<4 sq. inch), then create a plaster mold. Students will fill the mold with glass cullets and fire in the glass kiln to create their new works of art! Supply fee of approx. \$25 payable at first class. Students bring lunch to class. Instructor: Marjorie Putnam (1 session). Class Fee: \$90
#41383 Jan 7 Sa 10:00am-3:00pm

Glass - Slumping: Large

Location: Pullen Arts Center

Age: 16yrs and up. This class will continue the exploration of the technique of slumping glass (the controlled bending or downward sinking of glass while being heated) using previously fused or plain glass over molds and rings. Projects will be 8-10 inches in diameter. Supply fee of approx. \$30+ payable at first class. Pre-requisite: Fused Glass Intro: Large at Pullen Arts Center. Instructor: Marjorie Putnam (1 session). Class Fee: \$60
#41244 Apr 11 T 6:00-9:30pm

Glass - Slumping: Medium Objects

Location: Pullen Arts Center

Age: 16yrs and up. This class will introduce the technique of slumping glass (the controlled bending or downward sinking of glass while being heated) using previously

Gallery Program

The Gallery Program features rotating exhibits by area, regional and national artists. Art work on display may range from painting and fiber arts to clay and jewelry. We invite you to visit our unique centers below and discover beautiful works of art while also enjoying an opening reception. Gallery events are free and open to the public! Most artwork is for sale; please inquire at the center's front desk for purchasing information.

Pullen Arts Center Gallery Exhibits

105 Pullen Road, Raleigh, 27607

919-831-6126

Gallery Hours – exhibits are on display in the lobby during normal operating hours.

M-Th	9am-10pm
F	9am-6pm
Sa	10am-3pm
Su	1-5pm

January-February

- Paintings by Karen Winslow

February-March

- Techno-Romantic Jewelry by Thomas Mann
- ECU Metals Program Graduate Student Exhibition

April

- Teapots by Cheryl Weisz

Artists interested in being considered for an exhibit can contact Betty McKim at 831-6126.

Sertoma Arts Center

1400 W. Millbrook Road, Raleigh, 27612

919-420-2329

Gallery Hours – Display Case and Hall Gallery:

M-Th	9am-10pm
F	9am-5pm
Sa	9am-3pm
Su	1-5pm

Raleigh Room: Call for the best times to view exhibits in the Raleigh Room.

January

- Raleigh Room, Hall Gallery & Display Case: Sertoma Arts Center's Studio Artist and Students
- Opening Reception: Su, Jan 8, 2-4 pm

February

- Raleigh Room: Carolinas' Nature Photographers Association
- Hall Gallery and Display Case: Artists Featured on Home and Garden Television's show "Crafters Coast to Coast"
- Opening Reception: Su, Feb 5, 2-4pm

March

- Raleigh Room & Hall Gallery: Paintings by Richard Grassi, Photography by Noritsugu Ohara, & Watercolors by Mary Oviatt
- Display Case: Wood Turned Objects by Bill Wallace
- Opening Reception: Su, Mar 5, 2-4pm

April

- Raleigh Room & Hall Gallery: Sertoma Park Artists
- Display Case: Raleigh Miniatures Guild
- Opening Reception: Su, Apr 9, 2-4pm

Artists interested in being considered for an exhibit can contact Tara McGee at 420-2329.



Thomas Mann – Nest Hand Pin

fused or plain glass over molds and rings. Projects will be 4-6 inches in diameter. Supply fee of approx. \$30 payable at first class. Pre-requisite: Fused Glass Intro: Medium at Pullen Arts Center. Instructor: Marjorie Putnam (1 session). Class Fee: \$60
#41241 Mar 15 W 6:00-8:30pm

Jewelry - Brooching Workshop

Location: Pullen Arts Center
Age: 16yrs and up. People are starting to wear brooches again. Like small paintings or sculptures for the blouse or lapel, brooches can be a very liberating format for the metal-smith. In this workshop, we will explore how brooches are made. In addition to surface embellishment, the workshop will offer die-pressing alternative settings for non-metallic elements. We will also talk about different materials/found objects that can be incorporated, as well as examine the mechanisms behind hand-made pin backs. Sign up early, limited space. Instructor: Tim Lazure (2 sessions). Class Fee: \$96
#42121 Feb 11-12 Sa-Su 9:00am-4:00pm

Jewelry - Advanced Bead Stringing

Location: Pullen Arts Center
Age: 13yrs and up. Join Instructor Sally Lewis for advanced bead stringing techniques, such as multi-strands and knotting. Materials not included. (1 session). Class Fee: \$20
#42689 Apr 10 M 7:15-9:45pm

Jewelry - Bead Stringing Workshop

Location: Pullen Arts Center
Age: 13yrs and up. Instructor Sally Lewis will teach you the history and lore of beads in this workshop. You will learn three bead stringing techniques as you make a necklace from your own bead collection or purchase your own beads at class. (1 session). Class Fee: \$20
#42687 Feb 21 T 7:15-9:15pm

Jewelry - Beginning Metal

Location: Pullen Arts Center
Age: 16yrs and up. Design and construct earrings, pins, pendants, charms, or other small objects and tokens in this basic metal working class. Students will learn to saw, file, hammer, and solder wire and sheet metals to create individual projects. Studio supply fee of \$10 included in class fee. Students purchase silver for projects (orders taken first class, approx. \$15). Instructor: Betty McKim or Amy Veatch (6 weeks). Class Fee: \$90
#42040 Jan 13-Feb 17 F 10:00am-12:30pm
#42041 Jan 18-Feb 22 W 10:00am-12:30pm
#42061 Jan 23-Feb 27 M 7:00-9:30pm

Jewelry - Enameling Introduction

Location: Pullen Arts Center
Age: 16yrs and up. Enameling is a centuries old custom which involves fusing glass onto metal. There are many methods of technique and application that provide widely varying

results. In this course, students will explore three basic enameling techniques, and will utilize both the kiln and the torch as a means to fuse the glass. Experimentation will be encouraged as the possibilities are endless. Prerequisite: Beginning Jewelry at Pullen Art Center. Studio supply fee of \$10 included in class fee. Silver supplies can be ordered first class, approx \$10-20. Instructor: Gretchen McLauren (6 weeks). Class Fee: \$90
#42066 Mar 22-Apr 26 W 7:00-9:30pm

Jewelry - Fun with Texture

Location: Pullen Arts Center
Age: 16yrs and up. This course will offer a unique way to explore surfaces for texturing metal. Stamping and etching will be introduced. Students will learn Keum Boo, a Korean technique of fusing 24K gold to fine silver, which we will then apply to our textured metal sheets to make a piece of jewelry of your choice such as a pair of earrings or bracelet. This course is open to students with some previous experience, open and creative minds and a willingness to experiment. Studio supply fee of \$10 included in class fee. Students purchase silver and gold foil for Keum Boo, orders taken at first class, approx.\$25. Pre-requisite "Beginning Metal Jewelry" at Pullen Arts. Instructor: Gretchen McLaren (6 weeks). Class Fee: \$90
#42065 Jan 10-Feb 14 T 7:00-9:30pm

Jewelry - Hydraulic Press and Etching

Location: Pullen Arts Center
Age: 16yrs and up. This is an introductory class that will combine the use of the hydraulic press and instant etch process. Learn how to emboss, raise metal and make hollow forms while maintaining surface embellishment. Using the instant etch system we will transfer images to metal then chemically etch the metal. We will also use a more spontaneous etching method that will be done on copper and silver. Studio supply fee of \$10 included in class fee. Metal to be ordered first class (approx. \$10-20). Prerequisite: Beginning Jewelry at Pullen Arts. No class Mar 29. Instructor: Amy Veatch (6 weeks). Class Fee: \$90
#42068 Mar 1-Apr 12 W 10:00am-12:30pm

Jewelry - Metal Continuing

Location: Pullen Arts Center
Age: 16yrs and up. Continue to expand your skills working independently and on assigned projects to further your knowledge of jewelry techniques. Explore methods of stone setting, and hollow form construction. Studio supply fee of \$10 included in class fee. Silver supplies ordered first class (approx. \$10-20). Prerequisite: Beginning Metal Jewelry at Pullen Arts. Instructor: Betty McKim (6 weeks). Class Fee: \$90
#42062 Feb 8-Mar 15 W 7:00-9:30pm
#42063 Mar 6-Apr 10 M 7:00-9:30pm

Jewelry - Precious Metal Clay - A

Location: Pullen Arts Center
Age: 16yrs and up. The focus of this class will be Pendants & Earrings. PMC silver is microscopic particles of silver suspended in an organic binder to create clay. After formation of a piece, it is fired in a kiln to burn away the binder leaving a solid, dense metal jewelry piece that is 99.9% fine silver. We will be working with PMC3, a low fire version of this product. Using simple tools and your fingers, and without special skills, you will create fabulous jewelry to wear! Introductory classes are offered to make several types of jewelry. At the first class you take, there is a \$20 tool kit fee. In addition, there is a charge for supplies of one each: clay, paste, and syringe ('coil') of \$70 (total of 40gr of fine silver). Depending on how small you choose to work, these basic supplies could last for all three introductory classes. Any additional materials needed will incur additional cost. The initial Supply/Tool fees are payable to the instructor at the first class. The deadline to register for this course is two weeks prior to first class date. After this date call 831-6126 to check space availability. Instructor: Marjorie Putnam (1 session). Class Fee: \$70
#41237 Jan 24 T 6:00-8:30pm

Jewelry - Precious Metal Clay - B

Location: Pullen Arts Center
Age: 16yrs and up. The focus of this class will be Rings & Hollow Beads. We will be working with PMC3, a low fire version of precious metal clay. Using simple tools and your fingers, and without special skills, you will create fabulous jewelry to wear! Supply List: Beginners Tool Kit (\$20), Clay materials (\$70). The Beginners Tool Kit and clay materials will be available for purchase from the instructor at the first class. The deadline to register for this course is two weeks prior to first class date. After this date call 831-6126 to check space availability. Instructor: Marjorie Putnam (1 session). Class Fee: \$70
#41238 Feb 7 T 6:00-8:30pm

Jewelry - Simply Soldering

Location: Pullen Arts Center
Age: 16yrs and up. This course will offer an understanding of soldering techniques. The class will delve into concepts of fabrication through soldering and construction — from lighting the torch through the final pickle. We will explore fabrication processes through demonstrations and hands on experience, with lots of soldering practice time culminating in a final project. A basic knowledge of soldering is helpful. Bring an open mind and a willingness to explore and have fun. Pre-requisite "Beginning Metal Jewelry" at Pullen Arts. Students purchase silver for projects (orders taken at first class). Instructor: Gretchen McLauren (6 weeks). Class Fee: \$90
#42064 Feb 21-Mar 28 T 7:00-9:30pm

Arts Adult continued next page —

Jewelry - Thomas Mann Workshop

Location: Pullen Arts Center

Age: 16yrs and up. Container to wear: Creating enclosed spaces. Students of all skill levels are invited to learn various approaches for creating containers—from cold joining to scoring and soldering; wearable to nonwearable; conceptual to utilitarian. Thomas Mann has pushed the limits and explored the concepts of containers throughout his career—from the size of a ring to that of a building—and brings this wealth of information to his students. Students can explore and create at their own level. Sign up early, limited space. Supply kits aprox. \$15. Slide show, lecture 6-8pm, Saturday, February 11. Instructor: Thomas Mann (2 sessions). Class Fee: \$200
#42136 Mar 25-26 Sa-Su 9:00am-4:00pm

Jewelry : Creating Forms with Wire

Location: Pullen Arts Center

Age: 16yrs and up. This workshop will focus on creating forms with wire. The class will texture all gauges of wire then fabricate the wire into three-dimensional structures. These can range from jewelry scale to small sculpture. Demonstrations will include tapering round wire, texturing wire with hammers and tool, riveting techniques and tricks for soldering forms together. A variety of wire will be for sale from the instructor. You can bring your own copper, silver, and brass wire and your favorite texturing tools! Instructor: Adrienne Grafton (2 sessions) Class Fee: \$96
#42392 Mar 4-5 Sa-Su 9:00am-4:00pm

Juggling for Dummies

Location: Method Road Community Center

Age: 10yrs and up. Have you ever wanted to juggle? This amazing art is no longer just for clowns. Juggling can actually trigger that non-dominant side of the brain. Believe it or not, using more of your brain can actually make you smarter and allow you to focus more. In addition to making you smarter, juggling is also a great stress relief. Excellent class for students of all ages during test taking time. Beginners are guaranteed to be juggling by the end of the first class. Class Fee: \$0

#43518 Jan 9-Apr 24 M 6:30-8:00pm

Lap Quilting with Sarah

Location: Method Road Community Center

Age: 18-99 yrs. You may use simple patterns—Log cabin or Cathedral Window with machine or machine & hand quilting in this class. This class will give you some constructive home time and an art you can pass on to the next generation. Class Fee: \$45
#43035 Mar 9-30 Th 6:30-9:30pm

Mat Cutting Basics

Location: Sertoma Arts Center

Age: 16yrs and up. Learn basic mat design and cutting! This class will qualify partici-

pants to use our C&H professional mat cutter, paper cutter, and shrink wrapping equipment. Students will design and cut a single mat during class and learn image mounting preparatory to framing and shrink wrapping. Instruction will also be provided for designing and cutting of double mats. Students should bring a photo or artwork to mat in class (no larger than 8 in. x 10 in.). White mat board will be provided; if another color is desired, it will need to be provided by the student. Glen Wells instructs. Class Fee: \$22
#41389 Jan 12 Th 6:30-9:30pm
#41390 Feb 15 W 12:30-3:30pm
#41391 Mar 7 T 6:30-9:30pm
#41392 Apr 12 W 6:30-9:30pm

Music - Pine Cone-Irish

Location: Carolina Pines Community Center

Age: All Ages. These Irish Music sessions give beginners the opportunity to learn to play both traditional and non-traditional instruments in a non-public atmosphere. Class Fee: 75¢

#41777 Jan 17 T 7:30-9:30pm
#41778 Feb 21 T 7:30-9:30pm
#41779 Mar 21 T 7:30-9:30pm
#41780 Apr 18 T 7:30-9:30pm

Painting - Acrylic Beginning

Location: Pullen Arts Center

Age: 16yrs and up. Learn the versatility of acrylic painting while exploring composition, color, and the many techniques of this 'plastic paint.' Continuing students can work on their own with personal instruction. Students bring in their own materials, supply list provided. Instructor: Leslie Pruneau (6 weeks). Class Fee: \$68
#42099 Jan 10-Feb 14 T 7:00-9:00pm

Painting - Acrylics

Location: Sertoma Arts Center

Age: 16yrs and up. Beginning students will learn basic techniques of using acrylic paints. Advanced students are welcome to work on their own projects with guidance from the instructor. Toni Cappel teaches the afternoon class and Ed Hardy teaches the evening classes. Class Fee: \$79

#41549 Jan 17-Feb 21 T 1:00-3:30pm
#41550 Jan 17-Feb 21 T 7:00-9:30pm
#41951 Mar 14-Apr 18 T 7:00-9:30pm

Painting - Acrylics Continuing

Location: Sertoma Arts Center

Age: 16yrs and up. In this class each student will work independently and receive individual instruction with problem-solving. Each class will have a new lesson or technique explained and the instructor, Toni Cappel, will also demonstrate in some classes. Class Fee: \$79

#41552 Mar 14-Apr 18 T 1:00-3:30pm

Painting - Advanced

Location: Pullen Arts Center

Age: 16yrs and up. You may paint any subject and technique you wish, but the instructor will address Monet's life and

painting styles. This is in preparation to view The Monet Show at NCMA in Fall '06. Beginner/intermediate painting classes are needed before taking this class. The instructor will critique on techniques, materials and subject matter. Some outside sketching if weather permits. Students have a choice of working in oils, acrylics, alkyds, watercolor, or mixed media. A materials list will be issued when registered. Students furnish their own supplies. Class limit: 12 students. Instructor: Mary Anne K. Jenkins (6 weeks). Class Fee: \$70

#42077 Jan 4-Feb 8 W 9:30am-12:30pm
#42078 Jan 5-Feb 9 Th 9:30am-12:30pm
#42079 Feb 22-Mar 29 W 9:30am-12:30pm
#42080 Feb 23-Mar 30 Th 9:30am-12:30pm
#42081 Apr 12-May 17 W 9:30am-12:30pm
#42082 Apr 13-May 18 Th 9:30am-12:30pm

Painting - Beginning Watercolor

Location: Pullen Arts Center

Age: 16yrs and up. An evening of watercolor painting. Learn the basic techniques of paint application, color mixing, composition, and try some experiments that let your 'accidents' become the picture. A supply list will be given out upon registration. Instructor: Leslie Pruneau (6 weeks). Class Fee: \$68
#42104 Jan 12-Feb 16 Th 7:00-9:00pm

Painting - Collage Continuing

Location: Sertoma Arts Center

Age: 16yrs and up. This class is guaranteed to release your creative spirit. Using stained papers, oriental papers and found papers students will reach a new level of collage. Come prepared to have a weekend of learning and fun. All skill levels are welcome. Patsy Skinner instructs. Class Fee: \$65
#41575 Mar 17-19 F 12:30-4:30pm
Sa 10:00-2:30pm
Su 1:00-4:30pm

Painting - Conceptual Art

Location: Sertoma Arts Center

Age: 16yrs and up. This painting class is to help students learn to think outside the box and go beyond what they visually perceive. Students will learn techniques for taking ideas and thoughts and combining them with life experiences to create a painting that expresses them artistically at a new level. It is the process of combining new visions (retinal flashes) with the past. The student will start a new painting each class while utilizing the concepts and techniques learned from the class(s) before. The student will explore a variety of ways to use color to develop sound concepts through visual thinking. Instructor will provide a materials list prior to the first class. Drawing background helpful but not a must. Tim Postell instructs. Class Fee: \$79
#42335 Mar 13-Apr 17 M 9:30am-12:00pm

Painting - Experimental Collage

Location: Sertoma Arts Center

Age: 16yrs and up. This class will take you in new directions, using either acrylics or

watercolors, combined with collage. We will try new methods of collage using rice and tissue paper. Patsy Skinner instructs. Class Fee: \$65

#41677	Apr 28-30	F	12:30-4:30pm
		Sa	10:00-2:30pm
		Su	1:00-4:30pm

Painting - Expressive Color

Location: Pullen Arts Center

Age: 16yrs and up. This class will explore color possibilities. Students will paint their own subject matter using color as a vehicle of expression. We will cover color mixing, tones and values, and using color to create depth in painting. Supply list provided.

Instructor: Anna Podris (6 weeks). Class Fee: \$73

#42105	Jan 18-Feb 22	W	7:00-9:30pm
#42106	Mar 8-Apr 12	W	7:00-9:30pm
#42107	Apr 19-May 24	W	7:00-9:30pm

Painting - Friday Art Escape

Location: Sertoma Arts Center

Age: 16yrs and up. Come and play with your favorite medium in an environment of creativity. This one day open workshop session is all about having fun with other artists. Collage, pastel, watercolor, acrylics, all mediums welcome. Bring your favorite supplies and come to Sertoma for an ART escape. You can start a new project, or work on a project you might be stumped on. Artist Micki Weeda will be on hand to offer helpful advice when needed. Class Fee: \$30

#43074	Jan 6	F	10:00am-4:00pm
#43075	Mar 10	F	10:00am-4:00pm

Painting - Landscapes in Acrylics

Location: Sertoma Arts Center

Age: 16yrs and up. This workshop is for beginning and intermediate painters that want more knowledge in the traditional disciplines. Students will get individual guidance as well as group demonstrations. They will paint along step by step with the instructor. Workshop will focus on: color and color mixing, composition, perspective, contrast, focal and vanishing points. Students will also learn how to identify core components in an image. Critiques will also play an important role in strengthening the eye as an artist. 1 session. Ed Hardy instructs. Class Fee: \$45

#41933	Feb 25	Sa	9:15am-2:45pm
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Painting - Learn How To Paint

Location: Pullen Arts Center

Age: 16yrs and up. In this beginning to intermediate class, students will explore their own style of painting using watercolor, gouache, acrylic or oil paints. Class will focus on subject matter choices, figure ground relationships, color mixing and composition. Students will work on their choice of subject matter, anything from abstract to highly stylized. Instruction on developing your style, marketing and showing work will be covered. Students provide their own materials. Drawing/paint-

ing background helpful. Instructor: Keith

Norval (6 weeks). Class Fee: \$70

#42096	Jan 17-Feb 21	T	9:30am-12:30pm
#42097	Mar 7-Apr 11	T	9:30am-12:30pm
#42098	Apr 18-May 23	T	9:30am-12:30pm

Painting - More on Watercolors

Sertoma Arts Center

Age: 16yrs and up. This course is geared for the continuing student with previous experience in watercolor. Through instructor-guided exercises and independent projects, students will expand their understanding of wet-on-dry and wet-on-wet techniques and how to explore color, texture, and spontaneity that are unique to watercolor. The use of photo references to develop paintings will also be covered with emphasis on creative approaches. Julie Eastman instructs. Class Fee: \$79

#41572	Apr 3-May 8	M	1:00-3:30pm
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Painting - Oil Painting Beginning

Location: Sertoma Arts Center

Age: 16yrs and up. This class will explore the versatility of oil painting techniques, as well as the care and use of materials. Students will focus on color, composition and texture. They will also reflect on famous artists' works as references. Leslie Pruneau instructs. Class Fee: \$79

#41567	Jan 11-Feb 15	W	7:00-9:30pm
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Painting - Oil Painting Continuing

Location: Sertoma Arts Center

Age: 16yrs and up. For anyone with some experience in oil painting, this class will help students to further explore their own style and technique. The students will receive personal instruction and critiques to strengthen their skills. Framing and exhibiting work will also be discussed. Leslie Pruneau instructs. Class Fee: \$79

#41568	Mar 8-Apr 12	W	7:00-9:30pm
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Painting - On-site (Plein Air) Acrylics

Location: Sertoma Arts Center

Age: 16yrs and up. This is an outdoor class, weather permitting. We will focus on specific plein air issues like lighting, finding a subject, simplifying what is seen, and developing good composition. Other technical issues regarding landscape painting will also be discussed. All painting sites will be in the vicinity of Sertoma Arts Center. In the event of inclement weather, students will work indoors and focus on painting landscapes from reference photos. Ed Hardy instructs. Class Fee: \$45

#41946	Apr 1	Sa	9:15am-2:45pm
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Painting - Open Studio

Location: Pullen Arts Center

Age: 16yrs and up. 'Like your handwriting, a painting is an expression of yourself and is authentic and unique to you. Painting is something I do for pleasure and relaxation.' This is instructor Don Mason's philosophy on painting. This course is an open studio environment where students work on their

own projects. Beginners learn to paint in oils or acrylics. Continuing students receive personal attention with their ongoing projects. Students provide their own materials. No class January 16. Instructor: Don Mason (4 weeks). Class Fee: \$36

#42073	Jan 9-Feb 6	M	9:30am-12:30pm
#42074	Feb 20-Mar 13	M	9:30am-12:30pm
#42075	Mar 27-Apr 17	M	9:30am-12:30pm

Painting - Pastels Continuing Mini-Class

Location: Sertoma Arts Center

Age: 16yrs and up. This class is best suited for individuals with previous pastel experience. Students will be introduced to new and different techniques using the pastel medium. They will also learn how to apply pastels on various papers. PLEASE bring reference photos or still life objects. Discussion of composition, style, and technique will be on an individual basis, always with the goal of producing a painting the student will be proud of! Micki Weeda instructs. Class Fee: \$49

#41573	Jan 4-18	W	9:30am-12:30pm
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Painting - Stained Paper and Collage

Location: Sertoma Arts Center

Age: 16yrs and up. The emphasis of this class will be on staining papers. We will use rice and tissue papers along with watercolors or acrylics to obtain beautiful colors for our collage. Basic collage process will be introduced. All skill levels are welcome. No painting experience is necessary. Patsy Skinner instructs. Class Fee: \$65

#41676	Jan 27-29	F	12:30-4:30pm
		Sa	10:00-2:30pm
		Su	1:00-4:30pm

Painting - Time for Watercolor

Location: Pullen Arts Center

Age: 16yrs and up. This course will accommodate both beginning and continuing students. Each class will begin with a demonstration focusing on a variety of watercolor techniques. Students will then work using photographs and other visual aids. Emphasis will be on achieving bold watercolors using fewer strokes. We will explore color mixing, perspective, composition, values, and principles and elements of design. If you are interested in taking your art to the next level, this course is for you! (No class March 29) Instructor: Janie Johnson (6 sessions). Class Fee: \$68

#42279	Jan 25-Mar 1	W	9:30am-12:00pm
#42280	Mar 8-Apr 19	W	9:30am-12:00pm

Painting - Time for Watercolors

Location: Sertoma Arts Center

Age: 16yrs and up. This course will accommodate both beginning and continuing students, with an emphasis on developing a better understanding and mastery of basic watercolor techniques. Students will paint from photo references, still lifes, independent projects, or instructor-guided exercises as desired. Julie Eastman instructs the Monday afternoon class and Autumn Cobeland

Time for Watercolor continued next page —

Time for Watercolor continued —

instructs the Thursday evening class. Class Fee: \$79

#41571	Feb 6-Mar 13	M	1:00-3:30pm
#41681	Mar 30-May 4	Th	7:00-9:30pm

Painting Studio - Continuing

Location: Pullen Arts Center

Age: 16yrs and up. This class is for any continuing painter with some experience or someone who needs a refresher. Students may work independently from photos or drawings, or from subjects within the studio such as still lifes and interiors. We will challenge the 'picture plane,' the 'palette,' and the 'approach,' while building confidence in your technique. Students bring their own supplies. Instructor: Leslie Pruneau (6 weeks). Class Fee: \$68

#42100	Mar 7-Apr 11	T	7:00-9:00pm
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Paper -

German Valentine Papercutting

Location: Pullen Arts Center

Age: 16yrs and up. Learn the basics of 'Scherenschnitte' or German paper cutting. You'll complete at least one cutting and take home several more to work on. Great technique for special holiday cards! Supply fee approx \$2 payable at class. Instructor: Sharon Petrides (1 session). Class Fee: \$10

#41580	Feb 2	Th	7:00-9:00pm
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Paper - Hand-laid Paper & Book Arts

Location: Pullen Arts Center

Age: 16yrs and up. Paper has been made for two thousand years! We will learn about early ways of making paper and about the fibers that have been used across the world. Since the days of Gutenberg, paper has been a medium for the printed word and art work. We will learn the history of hand-laid paper and techniques of Eastern and Western papermaking traditions, then see how to combine these ideas into an efficient small-scale process for producing high-quality recycled hand-laid paper. We will learn how to make pulp and form sheets, and some artistic applications of the papermaking process. Then we will use our finished sheets in a unique book arts project! Supply fee of approx. \$5 payable at first class. Instructor: John Dancy-Jones (1 session). Class Fee: \$49

#42008	Mar 18	Sa	10:00am-4:00pm
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PhotoArt - Acrylic Painting for Novices

Location: Green Road Community Center

Age: 18yrs and up. What a great gift to give someone special! No painting experience necessary! In this unique class, you will paint on artist's canvas using acrylic paint in a pointillistic fashion. You will basically be working on a paint by number system except there are no lines to follow. You will simply put dots of sepia or black & white paint on the corresponding symbols. The paintings are done in a monochromatic color scheme which give the paintings a

sense of depth and realism that will utterly surprise you! In the first class, you will paint on a practice canvas. In the second class, you will begin painting your actual canvas. Your 11x14 canvas will take about 9-11 hours to complete on your own and will end up being a masterpiece you can proudly admit 'Yes, I painted that myself!' You will receive 16 custom paints in your choice of tones as well as your brush and instructions. Please bring 5 photos to the first class. Your painted canvas will include a head and shoulder shot of one person or pet, etc. For examples of complete paintings, please visit www.photoartkitnc.com. A materials fee of \$47 for supplies is due to instructor at the first class. Class Fee: \$25

#42052	Feb 1-15	W	6:30-8:30pm
#42054	Feb 4-18	Sa	9:30-11:30am
#42059	Apr 12-26	W	6:30-8:30pm
#42060	Apr 15-29	Sa	9:30-11:30am

Photography -

Advanced Darkroom Printing

Location: Sertoma Arts Center

Age: 16yrs and up. Make great photographic prints in the darkroom! In this class students will learn a variety of techniques to achieve professional quality black and white photographs. Bring \$10, made payable to the instructor, to the first class for materials. A supply list will be provided and students will provide their own materials in future classes. Pre-requisite: previous darkroom printing experience. Jill Snyder instructs. Class Fee: \$68

#41488	Mar 15-Apr 26	W	7:00-9:30pm
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Photography - Beginning Darkroom

Location: Sertoma Arts Center

Age: 16yrs and up. Learn how to process black and white film and print your own pictures in the darkroom in this enjoyable and informative class. Bring an empty camera and \$10, made payable to the instructor, to the first class for materials. A supply list will be provided and students will provide their own materials in future classes. Jill Snyder instructs. Class Fee: \$68

#41379	Jan 11-Feb 22	W	7:00-9:30pm
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Photography - Darkroom Orientation

Location: Sertoma Arts Center

Age: 16yrs and up. For those who know how to use a black and white darkroom and wish to qualify for Open Darkroom at Sertoma. After completion of orientation, participants may purchase a studio card to use the darkroom, furnishing their own materials. 1 session. Jill Snyder instructs. Class Fee: \$22

Contact Sertoma Arts Center 420-2329 for course dates

Picture Framing Basics

Location: Pullen Arts Center

Age: 16yrs and up. This class covers all the basics of framing artwork. Students will design a frame and complete it during the class. Included will be exploration of framing

options, mat cutting, design, and construction. Workshop leader Jesse Goslen will share over thirty years of experience as a picture framer, molding manufacturer, gallery owner, and an artist's son. Supply costs: \$25-\$100 depending on size and design of framing. Students bring framing project to first class. Instructor: Jesse Goslin (5 weeks). Class Fee: \$68

#41223	Mar 30-Apr 27	Th	7:00-10:00pm
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Pottery - Altered Forms

Location: Sertoma Arts Center

Age: 16yrs and up. In this new and challenging class students will explore forms other than simple round shapes from the potter's wheel. Square, ovoid, and free-form shapes, pedestal/foot/handle attachments, darting, and stretching are but a few of the 'tricks' we will cover. Most sessions begin with demonstration of new techniques followed by student assignments. Students are encouraged to take new techniques and incorporate them into their original and creative designs. Most students will need to work outside of class to finish all work. Student orientation and glazing are included so new students to Sertoma are welcome. The only prerequisite is to have good basic throwing skills. Materials extra. Randy Hinson instructs. Class Fee: \$91

#41928	Jan 18-Mar 8	W	7:00-9:30pm
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Pottery - Back to Basics

Location: Sertoma Arts Center

Age: 16yrs and up. Fine tune your throwing skills by learning advanced techniques for making cylinder and bowl forms. In addition to learning how to 'get that clay up from the bottom' and pull even walls, class will focus on foot and rim treatments. Please bring your favorite tools and Sertoma clay body of your choice. Prerequisite: Beginner Wheel. Deborah Harris instructs. Class Fee: \$91

#41277	Mar 22-May 10	W	9:30am-12:00pm
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Pottery - Beginning Wheel

Location: Pullen Arts Center

Age: 16yrs and up. Wheel thrown pottery is one of our most popular classes! Demonstrations will focus on the fundamentals of basic wheel thrown pottery. Projects will teach skills such as wedging, sticking and centering clay on the wheel, use of throwing tools, along with glazing techniques. Instructors offer individual attention as skill progression is unique to each person. Supply fee approx. \$22 payable at first class. Instructors: Sherry Nicholson (Monday PM); Niel Hora (Tuesday PM); Jamie Kirkpatrick (Tuesday AM and Wednesday PM). (7 weeks). Class Fee: \$91

#41225	Jan 17-Feb 28	T	7:00-9:30pm
#41226	Jan 17-Feb 28	T	9:30am-12:00pm
#41227	Jan 18-Mar 1	W	7:00-9:30pm
#41228	Feb 27-Apr 10	M	7:00-9:30pm
#41229	Mar 14-Apr 25	T	9:30am-12:00pm
#41230	Mar 14-Apr 25	T	7:00-9:30pm

Pottery - Brush-Making and Decorating

Location: Sertoma Arts Center

Age: 16yrs and up. On the first day of this weekend workshop, you will make deer, moose and elk hair brushes with bamboo handles. Each brush will be original and have its own line character. The second session will consist of discussion of the various ceramic materials used for decorating pottery followed by simple brushwork exercises to explore the capabilities of each brush. Then we will decorate the pieces you have brought in. This workshop is open to all potters, however it does not qualify new potters for a pottery studio card. Students bring in Cone 6 or Cone 10 bisque ware with smooth surfaces suitable for decorating. Bring \$6 to first class for brush making materials. Randy Hinson instructs. Class Fee: \$35
#41879 Apr 22-23 Sa 10:00am-1:00pm
Su 1:00am-4:00pm

Pottery - Continuing Handbuilding

Location: Pullen Arts Center

Age: 16yrs and up. Continue on with your handbuilding calling! During this class, we will build upon the techniques you learned in your beginning class. We will learn methods of stiff slab construction, assemblage of parts and using the extruder to explore

the possibilities of form and function in handbuilding. Demonstrations will also include handbuilding components like handles, feet and spouts. We'll finish with tips and secrets regarding the embellishment and glazing of your pieces. Bring all of your questions and ideas! Supply fee of approx. \$16 (for clay) payable at first class. Prerequisite: Beginning Handbuilding Techniques at Pullen Arts Center or Sertoma Arts Center. Instructor: Jennifer Stas (6 weeks). Class Fee: \$81
#41235 Mar 20-Apr 24 M 7:00-9:30pm

Pottery - Continuing Wheel

Location: Pullen Arts Center

Age: 16yrs and up. Learn how to apply confidence and steadiness to your work with clay. Cylinders, bowls, small lidded pieces, small plates and handles will be covered. Supply fee of approx. \$16 (for clay) payable at first class. Prerequisite: Beginning Wheel at Pullen or Sertoma. Instructor: Jamie Kirkpatrick (7 weeks). Class Fee: \$91
#41232 Mar 15-Apr 26 W 7:00-9:30pm

Pottery - Cynthia Bringle Workshop

Location: Sertoma Arts Center

Age: 16yrs and up. Don't miss out on this exciting opportunity to spend a weekend with Cynthia Bringle. This demonstration

workshop will include conversations about making a living as a potter and how (and how not) to throw and finish a multitude of forms. Examples of Cynthia's work will also be on display. A professional studio potter for over 40 years, Cynthia lives near Penland School of Crafts and regularly teaches there and all over the US. Her work was exhibited along with the work of 23 ceramic artists who consider her an inspiration in a show titled 'Cynthia Bringle, A Fiery Influence' at the Folk Art Center of the Southern Highland Craft Guild (NC) and the Gallery of Art and Design at NCSU. She is a fellow of the American Craft Council and a former Penland School trustee. In 2002, she was awarded the North Carolina Award by the Governor (the highest award given by the State of NC). In 2005, she received an honorary Doctorate Degree from the Memphis College of Arts. This is truly a workshop you don't want to miss. To keep the workshop intimate, space is limited so don't wait too late to register. Class Fee: \$175
#41271 Mar 4-5 Sa-Su 9:30am-4:30pm

Pottery - Electric Kilns

Location: Sertoma Arts Center

Age: 16yrs and up. Electric Kilns: Setup and Maintenance. This workshop is designed for potters who are considering buying an electric kiln and for those who own one and want to learn how to get the most use out of it. Types of electric kilns, features, site selection, firing cycles and safety are covered. 1 session. Randy Hinson instructs. Class Fee: \$32
#41728 Apr 1 Sa 10:00am-12:30pm

Pottery - Extrusions

Location: Pullen Arts Center

Age: 16yrs and up. Just what is that machine bolted to the slab roller? Let's dust it off and put it to work! An extruder is a large cylinder with a plunger that presses your clay through a die and shapes it into specific forms or coils. But the extruder is not just for coils! It can be used to extrude cylinders, squared shapes, even faceted slabs. During this class, we will learn its many uses; from creating whole bodies of work down to simply extruding embellishments. Class time will be spent demonstrating the equipment and turning your extrusions into functional pots and decorative sculpture. We will also design and create a die for your specific needs. Bring your questions and imagination! All who have had beginning handbuilding at Sertoma Arts Center or Pullen Arts Center are welcome. Supply fee of approx. \$16 (for clay) payable at first class. Instructor: Jennifer Stas (6 sessions). Class Fee: \$81
#41407 Jan 25-Mar 1 W 7:00-9:30pm

Pottery - Fascinating Face Jugs

Location: Pullen Arts Center

Age: 16yrs and up. Everyone can make these! Throwing jugs of various sizes (start-



Pottery Fascinating Face Jugs continued next page —

Pottery Fascinating Face Jugs continued —

ing with small) will begin this two focus class. First, students will develop their skills further in shaping and collaring traditional jugs while handling increasingly larger amounts of clay. Second, demonstrated face styles will range from the traditional 'ugly' to the uniquely beautiful. Skill level: intermediate wheel. Prerequisite: completion of Beginning Wheel class at Pullen or Sertoma Art Centers. Supply fee of approx. \$16 (for clay) payable at first class. Instructor: Cheryl L. Weisz. (4 weeks). Class Fee: \$58
#41579 Jan 23-Feb 13 M 7:00-9:30pm

Pottery - Glaze Palette Intro

Location: Pullen Arts Center
Age: 16yrs and up. This class offers a more in-depth look at glazes, slips and their applications. Prerequisite: currently enrolled in or previously taken a beginner wheel or hand-building class at Pullen or Sertoma Arts Center. Instructor: Trish Pattishall (1 session). Class Fee: \$25
#41211 Mar 7 T 7:00-9:00pm

Pottery - Glazing Clinic

Location: Sertoma Arts Center
Age: 16yrs and up. A general review of the glaze techniques taught in beginning pottery classes. For those who need a refresher class or those who missed their glaze class. (This counts as a make up class to qualify for using the clay studio at Sertoma.) Prerequisite: Beginner Wheel or Handbuilding at Sertoma or Pullen Arts Center. Randy Hinson instructs. Class Fee: \$12
#41727 Apr 5 W 7:00-9:30pm

Pottery - Handbuilding Techniques Intro

Location: Pullen Arts Center
Age: 16yrs and up. Expand your possibilities with clay! If you can imagine it, you can build it with clay! We will cover the basics of hand building with clay—we will talk about the entire process of working with clay, from creating a piece to glazing and firing it. Course will include an introduction to the slab roller and other hand building tools. Supply fee approx. \$22 payable at first class. Instructor: Jennifer Stas (6 weeks). Class Fee: \$81
#41233 Jan 23-Feb 27 M 7:00-9:30pm
#41234 Mar 23-Apr 27 Th 2:00-4:30pm

Pottery - Handbuilding: Beginning

Location: Sertoma Arts Center
Age: 16yrs and up. This introductory class will reveal a range of techniques including pinching, coils and slabs, as well as offer an overview of ceramic materials and glazing. Each class will offer demonstrations and include individual work time with the instructor's guidance. No previous clay experience necessary. Students are encouraged to practice between class sessions and have free access to Sertoma's well equipped studio. Materials not included: purchase at first

class (approximately \$35). Ali Sobel-Read instructs. Class Fee: \$91
#41117 Jan 23-Mar 13 M 7:00-9:30pm
#41118 Jan 24-Mar 14 T 9:30am-12:00pm

Pottery - Handbuilding: Advanced

Location: Sertoma Arts Center
Age: 16yrs and up. Through a combination of demonstrations and individual work time, students will further develop their beginning handbuilding skills while making distinctive tableware including mugs, bowls, plates, and vases. The variety of construction techniques used will include soft slabs, hard slabs, and coils. Students will learn to add flair and professionalism to their pieces by adding finishing touches such as feet and handles. This class will also help individuals develop and express their own unique style through clay! Ali Sobel-Read instructs. Class Fee: \$91
#41273 Apr 3-May 22 M 7:00-9:30pm
#41274 Apr 4-May 23 T 9:30am-12:00pm

Pottery - Introduction to Majolica

Location: Sertoma Arts Center
Age: 16yrs and up. Developed in the Middle East during the 9th century and made famous by Italian artisans, majolica is earthenware pottery with a white opaque glaze decorated with ceramic colorants brushed on top of the raw, unfired glaze. The glaze is formulated to be viscous which restricts the flow and movement of the glaze retaining most of the line quality of the decoration. In this workshop we will examine the historical aspects and designs of majolica and explore the process using commercial glazes and majolica colors making the process easy for all levels of potters. Formulas for mixing your own majolica glazes and colors will also be provided and discussed. If you like bright colors and painting designs on pottery, this class is for you. Prerequisite: Participants must be Sertoma or Pullen Arts Center qualified studio users. Clay extra. Students pay glaze and color materials fee at first class (\$21). Randy Hinson instructs. Class Fee: \$45
#41726 Apr 26-May 17 W 7:00-9:30pm
course skips May 3

Pottery - Just Cylinders

Location: Pullen Arts Center
Age: 16yrs and up. Contrary to the title, a cylinder is not 'just a pot.' Furthermore, cylinder throwing does not have to be 'just an exercise.' Through demonstrations, assignments and class discussions, we'll hone our cylinder throwing skills. So, let's break it down! First, we'll work on the gesture and internal space of a cylinder. Next, we'll cover rim and base variations. Now, let's build it up! Expanding on the first two exercises, we'll throw a cylinder as a finished pot. We'll finish out the class by forming handles and spouts on cylindrically derived shapes, pitchers and mugs! Prerequisite: Beginning Wheel at Pullen or Sertoma. Supply fee of approx. \$16 (for clay) payable

at first class. Instructor: Niel Hora (6 weeks). Class Fee: \$81

#41716 Mar 23-Apr 27 Th 7:00-9:30pm

Pottery - Naked Raku Firing

Location: Pullen Arts Center
Age: 16yrs and up. This relatively recent development in raku technique involves the application of a shrinking slip to the surface of the bisqueware. During the firing process, the slip shrinks. The ware is then pulled from the kiln and exposed to a trashcan of combustible material, whereby carbon blackens the surface of the clay body in the form of the exposed 'crackled' pattern. The (still) hot ware is pulled from the cans and quenched with water to shed the coating of hardened slip to reveal the burned-in patterns. (At the end of the session, we will also accommodate those who wish to explore the more traditional glazed raku). Class will explore forms to be fired in the Raku kiln. Part of the decoration techniques of 'naked raku' will involve the burnishing of the raw clay body or the applied terra sigillata. The last two weeks of the class will be dedicated to firing your work in the Raku kiln. Prerequisite: Beginning Wheel at Pullen or Sertoma Arts. Supply fee of approx. \$16 (for clay) payable at first class. Firing fee. Class Fee: \$81
#42290 Jan 26-Mar 2 Th 7:00-9:30pm

Pottery - Pots & Planters

Location: Pullen Arts Center
Age: 16yrs and up. In this class, we learn how to make several types of outdoor planters. What do you need for your summer patio? Pots and planters, flower boxes, hanging baskets and other ornamental accents will be demonstrated. Using the handbuilding techniques of stiff slab and soft slab construction, students will build all the accessories needed for container gardening. Do you have a specific type of garden in mind? Bring your ideas to class and we will create the special containers for your needs. Pre-requisite: Basic Handbuilding at Pullen or Sertoma Arts. Supply fee of approx. \$16 (for clay) payable at first class. Instructor: Jen Stas (6 weeks). Class Fee: \$81
#41408 Mar 15-Apr 19 W 7:00-9:30pm

Pottery - Soda Kiln Cone 10 Firing

Location: Pullen Arts Center
Age: 16yrs and up. Participants in this course will be firing their works in an off-site Soda Kiln. An organizational meeting will be held Saturday, April 1 at 10am at Pullen Arts Center. Participants bring their bisqued and glazed work to the off-site kiln on Friday, April 21 at 5pm for loading. Firing of the kiln will be Saturday, April 22 with unloading on Monday, April 24 at 5pm. Kiln firing fee (for gas) of approx. \$30 payable at time of firing. Pre-requisite: Beginner Wheel or Handbuilding at Pullen or Sertoma Arts Center. Instructor: Ronan Peterson (1 weekend session). Class Fee: \$95
#42016 Apr 1-24

I still need more healthy rest in order to work at my best. My health is the main capital I have and I want to administer it intelligently. Ernest Hemingway

Pottery - Textured Vases Workshop

Location: Sertoma Arts Center

Age: 16yrs and up. Use stamps and found objects to make fabulous impressions in clay! We will use a variety of molds and handbuilding techniques to turn these slabs of textured clay into sumptuous vases that will amaze your friends. All texture and shaping methods are 'low-tech.' Dress up your vases with textures made from jewelry, kitchen utensils, barrettes, and bracelets. Basic texture will be provided but please bring in your personal textures and make it your own! Ali Sobel-Read instructs. Class Fee: \$49

#41706	Feb 11-12	Sa	9:30am-2:30pm
		Su	1:30am-4:30pm

Pottery - Tile Making Workshop

Location: Sertoma Arts Center

Age: 16yrs and up. Create a trivet, backsplash, mosaic or coaster! On Saturday, students

will carve, stamp, layer and incise slabs of clay to create fantastic tiles. On Sunday, students will create their own plaster molds to keep and use for making future projects! This workshop includes demonstrations and hands-on time. Ali Sobel-Read instructs. Class Fee: \$49

#41120	Apr 29-30	Sa	9:30am-2:30pm
		Su	1:30am-4:30pm

Pottery - Wheel Throwing Beginner

Location: Sertoma Arts Center

Age: 16yrs and up. This course introduces students to the basics of 'throwing' pottery on the potter's wheel, provides an understanding of ceramic terms and processes, and equips the student with knowledge needed to use the pottery studio comfortably, safely and independently. Sessions are comprised of demonstrations followed by student practice time under the guidance of the instructor. Topics covered include developing

clay centering skills, followed by throwing techniques used to produce a variety of forms and basic handle making. Discussion of firing and finishing methods are included in the glazing session of the course culminating with students glazing pots they have created for firing. No previous experience necessary. Students are encouraged to practice between class sessions and have free access to Sertoma's well equipped studio. Materials not included; purchase at first class (approximately \$30). Deborah Harris instructs the Wednesday morning class, and Gary Fuquay instructs the Thursday evening classes. Class Fee: \$91

#41113	Jan 11-Mar 1	W	9:30am-12:00pm
#41114	Jan 12-Mar 2	Th	7:00-9:30pm
#41115	Mar 30-May 18	Th	7:00-9:30pm

Printmaking - Introduction

Location: Pullen Arts Center

Age: 16yrs and up. Unique cards, one of a kind works of art, posters, fine art prints, and so much more are possible with the use of Pullen Art Center's printing press! In this beginning printmaking class we will cover drypoint, linoleum, and collograph printmaking. We will work on pulling editions using the center's Whelan Printing Press and also by hand. Students will create an edition of 10 prints. No class April 11. Supply list provided. Instructor: Keith Norval (6 weeks). Class Fee: \$68

#42070	Mar 21-May 2	T	7:00-9:00pm
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Printmaking - Linoleum Block Intro

Location: Pullen Arts Center

Age: 16yrs and up. Create crisp, high contrast works of art for greeting cards, flyers, posters, illustrations or fine art prints. This class covers basic linoleum printmaking techniques. We will cover the selection of a suitable image, transferring it to the block, carving techniques, as well as pulling prints. Create an edition of 10 original prints using hand pulling techniques and the printing press. Supply List provided. Instructor: Keith Norval (6 weeks). Class Fee: \$68

#42069	Jan 18-Feb 22	W	7:00-9:00pm
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Printmaking - Monoprinting Introduction

Location: Pullen Arts Center

Age: 16yrs and up. Create painterly, one-of-a-kind works of art using Pullen Arts' professional press! Achieve the effects of monoprinting that are not possible in any other medium. This class will take an experimental approach in covering the beginning techniques of additive and



Printmaking Monoprinting Intro continued next page —

Printmaking Monoprinting Intro continued —

subtractive monoprinting. We will create monoprints from found images as well as from our own drawings. The class will culminate in a print exchange. Supply fee approx \$10 (for inks) included in class fee. Additional Supply List provided. Instructor: Anna Podris (6 weeks). Class Fee: \$68
#42071 Jan 19-Feb 23 Th 7:00-9:00pm

Printmaking - Open Studio

Location: Pullen Arts Center
Age: 16yrs and up. This intermediate level class will give participants with printmaking experience an opportunity to use Pullen Arts' Printmaking studio. The studio will be open to printmakers who want to work independently on personal projects and to share ideas and techniques with other printmakers. Instructor will be available to offer advice and feedback. Students provide their own inks. Instructor: Anna Podris (4 weeks). Class Fee: \$49
#42072 Mar 6-27 M 7:00-9:00pm

Quilting - Beginning

Location: Green Road Community Center
Age: 14yrs and up. This seminar will cover the art of quilting and basic beginners lessons. These will be fun, festive and informative sessions. Material list will be provided prior to class. Class Fee: \$48
#42010 Jan 23-Feb 13 M 10:00am-12:30pm
#42011 Jan 23-Feb 13 M 6:00-8:30pm
#42012 Feb 20-Mar 13 M 10:00am-12:30pm
#42013 Feb 20-Mar 13 M 6:00-8:30pm
#42014 Mar 20-Apr 10 M 10:00am-12:30pm
#42015 Mar 20-Apr 10 M 6:00-8:30pm

Scrapbook Memories - Introduction

Age: 18yrs and up. Learn basic techniques to create fun and beautiful pages for your photo memories. Bring 2 photos to use. Class Fee: \$5
Pullen Community Center
#41756 Jan 11 W 7:30-8:30pm
#41757 Mar 20 M 7:30-8:30pm
#41758 Apr 5 W 7:30-8:30pm
Green Road Community Center
#41759 Jan 30 M 7:30-8:30pm
#41760 Apr 4 T 7:30-8:30pm

Scrapbooking: Borders & Titles

Location: Green Road Community Center
Age: 18yrs and up. Students will prepare at least two borders to take home and use in their album projects. New borders will be presented at each class for participants to study and make with teacher's assistance. A supply fee of \$10 will include all supplies necessary for the entire class and will be due to instructor at the first class. Class Fee: \$20
#41749 Jan 18 W 7:00-9:30pm
#41750 Mar 1 W 7:00-9:30pm
#41755 Apr 11 T 7:00-9:30pm

Sertoma Group - Cardinal Singers

Location: Sertoma Arts Center
Age: 18yrs and up. This women's vocal ensemble volunteers to sing throughout the Triangle. Any ladies interested in joining

would need to come visit the group and arrange for an audition. Call Sertoma for more information. Class Fee: \$0
Jan 5-Apr 27 Th 9:15-11:30am

Social Dance - Bronze I

Location: Pullen Community Center
Age: 18yrs and up. Now that you have completed our introductory course, you can expand and strengthen your skills. You will become more comfortable with your dance technique, posture and footwork. Class Fee: \$50
#41029 Mar 21-Apr 25 T 12:00-1:00pm

Social Dance - Introduction

Location: Pullen Community Center
Age: 18yrs and up. Have you always wanted to dance, but don't know how to? Boost your confidence through this exciting introductory class. You can learn the basic patterns to dances such as East Coast Swing, Foxtrot, Waltz and Rumba. Class Fee: \$50
#41030 Feb 7-Mar 14 T 12:00-1:00pm

Square Dance - Merry Mixers

Location: Brentwood Park
Age: 18yrs and up. Come join us for some old fashioned fun! Advanced square dance lessons offered at Brentwood Community Center. Vance McDaniel is the caller for this lively group! Dues are payable to instructor.
#42138 Jan 4-25 W 8:00-10:00pm
#42139 Feb 1-22 W 8:00-10:00pm
#42140 Mar 1-29 W 8:00-10:00pm
#42141 Apr 5-26 W 8:00-10:00pm

Studio Participation Card at Pullen Arts

Location: Pullen Arts Center
Age: 16yrs and up. Studio Participation Cards are available for qualified participants at Pullen Arts Center. Possession of a current Studio Card allows access to the clay, jewelry, printmaking, and weaving studios by people qualified to work in them. Pre-requisite for purchasing a studio card is successful completion of a Pullen Arts beginner level course in each respective studio area. For information on purchasing a studio card contact the Pullen Arts Front Desk staff at 831-6126. Class Fee: \$30
#41578 Jan 1-Apr 29 Daily 1:00-5:00pm

Weaving Fundamentals - Dress A Loom

Location: Pullen Arts Center
Age: 16yrs and up. If you have ever wanted to learn loom weaving from start to finish, this is the class for you. Learning to plan and make a warp, dress and pattern a loom, finishing techniques, yarn types and color choices are all areas that will be covered. The hands-on part of the class will be a simple project on a table loom. Some time outside of class will be needed to weave your project. Materials are approximately \$10 and will be paid during class. Attendance at first class is mandatory. Instructor: Sharon Petrides (5 weeks). Class Fee: \$65
#41245 Jan 23-Feb 20 M 7:00-10:00pm
#41246 Mar 6-Apr 3 M 7:00-10:00pm

Weaving On The Floor Loom

Location: Pullen Arts Center
Age: 16yrs and up. Wandering Vine, Martha Washington, Whig Rose, Lee's Surrender; the names sound like history. These are just a few of the patterns on our 18 floor looms. You can weave coverlets, tea towels, baby blankets, and more on looms warped with exact duplications of 100-200 year old patterns. First class: Learn plain and pattern weave on the tea towel looms. Second class: Weave on a wider loom and work on a more complex project. (This project will be priced separately from class fee.) Common problems and repair techniques will be discussed. After completing the orientation purchase a participation card and pay the loom reservation fee to use the studio. Instructor: Sharon Petrides (2 sessions). Class Fee: \$37
#41212 Jan 18-25 W 7:00-8:30pm
#41213 Feb 7-9 T,Th 2:00-3:30pm
#41214 Feb 15-22 W 7:00-8:30pm
#41215 Mar 7-9 T,Th 2:00-3:30pm
#41216 Mar 15-22 W 7:00-8:30pm
#41217 Apr 4-6 T,Th 2:00-3:30pm
#41218 Apr 12-19 W 7:00-8:30pm

Wedding Designs

Location: Green Road Community Center
Age: 18yrs and up. This class will teach you how to create the wedding of your dreams for the price that you want. Come learn how to make and design your ring-bearer pillow, centerpieces, flower girl basket, bridal bouquet, wedding favors, etc. and have fun doing it! All materials will be supplied. Class Fee: \$38
#41765 Jan 19-Feb 9 Th 7:00-8:30pm
#41766 Feb 23-Mar 16 Th 7:00-8:30pm
#41767 Apr 6-27 Th 7:00-8:30pm

Wire and Bead Jewelry

Location: Green Road Community Center
Age: 18yrs and up. Learn how to use this popular method of using round-tipped pliers and wire cutters to shape wire and beads into fashionable earrings, bracelets, necklaces and of course rosaries. Materials are not included in the class fee and may be purchased during class, or you may bring your own materials. Previous arts/crafts experience is helpful. Class Fee: \$20
#43123 Apr 23 Su 3:00-5:00pm

Family

Ceramics Studio

Location: Chavis Community Center
Age: 5yrs and up. Learn to pour, clean, glaze, and paint hand made ceramic pieces. Hundreds of molds to choose from!!! Work independently or with the help of experienced instructor. Class Fee: \$6
#41869 Jan 2-Apr 27 M-Th 4:30-9:30pm

Clogging - Hemlock Bluff Cloggers

Location: Jaycee Community Center
Age: All Ages. Are you an advanced clogger? Bryan Craddock is the director of the

Hemlock Bluffs Cloggers. The club performs at area functions and events. Contact Bryan for more information. Class Fee: \$0
 #42499 Jan 12-Mar 2 Th 9:00-10:00pm
 #42500 Mar 16-May 4 Th 9:00-10:00pm

Clogging - Advanced

Location: Jaycee Community Center
 Age: 12yrs and up. Looking for a clogging challenge? Give our advanced class a try. Bryan Craddock is an excellent instructor and is the director of the Hemlock Bluffs Cloggers. Partners are not necessary for this class. Line dances as well as traditional figures and steps are taught. Class Fee: \$32
 #42501 Jan 12-Mar 2 Th 8:00-9:00pm
 #42502 Mar 16-May 4 Th 8:00-9:00pm

Clogging - Beginner

Location: Jaycee Community Center
 Age: 12yrs and up. Come on and give Clogging a try. Bryan Craddock is an excellent instructor and director of the Hemlock Bluff Cloggers. Partners are not necessary for this class. Line dances as well as traditional figures and steps are taught. Class Fee: \$32
 #42503 Jan 12-Mar 2 Th 7:00-8:00pm
 #42504 Mar 16-May 4 Th 7:00-8:00pm

Dance - Scottish

Location: Glen Eden Park
 Age: 12yrs and up. Exercise, socialize, and learn the fundamentals of Scottish country dancing through the Carolina Scottish Dance Society. While experienced dancers are welcomed, beginners are taught basic skills to become competent dancers quickly and easily. Memberships dues are 75¢/person/meeting. No registration necessary. Classes are held at Glen Eden Pilot Park - 1500 Glen Eden Drive. Class Fee: 75¢
 #42545 Jan 11-Mar 15 W 7:00-10:00pm
 #42546 Mar 22-May 17 W 7:00-10:00pm

Gallery Exhibits at Pullen Arts

Location: Pullen Arts Center
 Age: All Ages. Pullen Arts Center's Gallery program features rotating exhibits by area, regional & national artists. Exhibits are on display in the lobby during the Center's normal operating hours. Artists interested in being considered for an exhibit can contact Betty McKim at 831-6126. Class Fee: \$0
Paintings by Karen Winslow
 #41710 Jan 1-Feb 28 Daily 1:00-5:00pm
Jewelry by Thomas Mann and ECU Graduate Metal Students
 #41711 Mar 1-28 Daily 9:00am-10:00pm
Tea Pots by Cheryl Weisz
 #41712 Apr 1-30 Daily 10:00am-3:00pm

Guitar Lessons for Beginners

Location: Lake Johnson
 Age: 8yrs and up. Learn to strum a tune in the peaceful setting of Lake Johnson. Class will cover the history and parts of the guitar to include basic cords and scales. You will also learn a few songs to get you started. Please bring your guitar to class. Class Fee: \$48
 #42675 Feb 2-23 Th 6:30-7:30pm
 #42771 Mar 2-23 Th 6:30-7:30pm
 #42772 Apr 6-27 Th 6:30-7:30pm

Guitar Lessons for Intermediate

Location: Lake Johnson
 Age: 7yrs and up. Learn to strum a tune in the peaceful setting of Lake Johnson. Class will cover the application of major scales, relating minor and major scales, learning function of the chords, and how harmony relates to major scales. Please bring your guitar to class. Class Fee: \$48
 #42776 Feb 2-23 Th 7:30-8:30pm
 #42777 Mar 2-23 Th 7:30-8:30pm
 #42778 Apr 6-27 Th 7:30-8:30pm

Photography - Nature Photography I

Location: Sertoma Arts Center
 Age: 12yrs and up. Do you have washed out or unwanted silhouette shots in your repertoire? Why does that digital shot look different in your camera than on your computer screen and on paper? Learn how to eliminate these issues and get more 'wows' out of your photos! The class will discuss film versus digital and many other topics specifically related to nature photography. Equipment, tradeoff between shutter speeds, f-stop and light conditions, composition, places to shoot and much more will also be discussed. Class time will include optional critiques and shooting outdoors. Students will receive workshop notes, reprints, a roll of film and more! 1-day workshop with half-hour lunch break. Sol Levine instructs. Class Fee: \$72
 #41393 Apr 8 Sa 9:15am-2:45pm

Piano for Beginners

Location: Millbrook Exchange Community Ctr
 Age: 5yrs and up. If you've ever wanted to learn to play the piano as an adult, or want your child to start taking lessons, here's your chance! Students will be taught the musical alphabet, how to read basic piano music, and to play simple pieces. One-on-one instruction in both technique and theory. Registration begins **December 20 for new students**. Space is very limited. Class Fee: \$40
 #40806 Jan 11-Feb 1 W 5:30-6:00pm
 #40807 Jan 11-Feb 1 W 6:00-6:30pm
 #40805 Jan 11-Feb 1 W 6:30-7:00pm
 #40803 Jan 11-Feb 1 W 7:00-7:30pm
 #40808 Jan 11-Feb 1 W 7:30-8:00pm
 #40809 Jan 11-Feb 1 W 8:00-8:30pm
 #40804 Jan 11-Feb 1 W 8:30-9:00pm
 #40810 Feb 8-Mar 1 W 5:30-6:00pm
 #40811 Feb 8-Mar 1 W 6:00-6:30pm
 #40812 Feb 8-Mar 1 W 6:30-7:00pm
 #40813 Feb 8-Mar 1 W 7:00-7:30pm
 #40814 Feb 8-Mar 1 W 7:30-8:00pm
 #40815 Feb 8-Mar 1 W 8:00-8:30pm
 #40816 Feb 8-Mar 1 W 8:30-9:00pm
 #40817 Mar 8-29 W 5:30-6:00pm
 #40818 Mar 8-29 W 6:00-6:30pm
 #40819 Mar 8-29 W 6:30-7:00pm
 #40820 Mar 8-29 W 7:00-7:30pm
 #40821 Mar 8-29 W 7:30-8:00pm
 #40822 Mar 8-29 W 8:00-8:30pm
 #40823 Mar 8-29 W 8:30-9:00pm
 #40824 Apr 12-May 3 W 5:30-6:00pm
 #40825 Apr 12-May 3 W 6:00-6:30pm
 #40826 Apr 12-May 3 W 6:30-7:00pm
 #40827 Apr 12-May 3 W 7:00-7:30pm
 #40828 Apr 12-May 3 W 7:30-8:00pm
 #40829 Apr 12-May 3 W 8:00-8:30 pm
 #40830 Apr 12-May 3 W 8:30-9:00pm

Scrapbook - Borders & Titles

Location: Pullen Community Center
 Age: 12yrs and up. Participants will prepare at least 2 borders to take home and use in their album projects. Number of borders completed will vary with complexity of border selected by participant. New borders will be presented at each class for participants to study and make with teacher's assistance. Supply fee (\$10) will include all supplies necessary for the entire class. Class Fee: \$20
 #41735 Feb 7 T 7:00-9:30pm
 #41736 Apr 24 M 7:00-9:30pm

Shag Lessons for Beginners

Location: Lake Johnson
 Age: 13yrs and up. Learn to shag until your hearts content to the tunes of beach music, a high energy pop and soul type of dance that is celebrated in beach clubs across the East Coast. Beginner lessons focus on the basic shag step, male & female turns, start-up, and pivots. Class Fee: \$40
 #42779 Mar 1-22 W 7:00-8:00pm
 #42780 Apr 5-26 W 7:00-8:00pm

Shag Lessons Intermediate

Location: Lake Johnson
 Age: 13yrs and up. Learn to advance your shaggin shoes to the next level in this intermediate shag class. Showing off at the beach club after this class will not be a problem. Learn the belly roll, sugar foot, and mirror steps to the shagin groove. Participants must know the basic shag and pivot steps before moving to the beat. Class Fee: \$40
 #42781 Mar 1-22 W 8:00-9:00pm
 #42782 Apr 5-26 W 8:00-9:00pm

Square Dance - Raleighwood Squares

Location: Pullen Community Center
 Age: 13yrs and up. Looking for a fun yet challenging physical activity? Try square dancing. It isn't just for folk music fans! The Raleighwood Squares does high-energy, all-position dancing in a relaxed environment. No partner required; singles and couples are welcome. No experience necessary. Club dues.
 #41031 Jan 3-Apr 25 T 7:30-9:30pm

Voice - Sing, Sing, Sing!

Location: Sertoma Arts Center
 Age: 14yrs and up. Have you wanted to learn how to sing, but have been too shy? Join Sertoma's voice class and Sing, Sing, Sing! Focus will be on basics of posture, breathing, tone quality, diction, and voice care. Class is taught by James Longmire. James received his doctorate of Musical Arts in 1998 from the University of South Carolina. He has instructed voice lessons since 1981. He is also a frequent soloist with both the North Carolina Symphony and the Raleigh Oratorio Society. Class Fee: \$100
 #43575 Jan 11-Feb 15 W 5:30-6:30pm
 #43576 Mar 8-Apr 12 W 5:30-6:30pm

Arts continued next page —

Seniors

Ballroom Dance - Wednesday Club

Location: Pullen Community Center
Age: 55yrs and up. Dance to the music of different live bands every Wednesday evening. Weekly Admission.
#40999 Jan 4-Apr 26 W 8:00-10:30pm

Handy Helpers Club

Location: Millbrook Exchange Community Ctr
Age: 55yrs and up. Knit, Crochet, Sew or Quilt for charity. We meet the 2nd and 4th Tuesdays of the month from 1:00-3:30pm at the Millbrook Exchange Park recreation building. We make blankets, hats and afghans for the various charitable organizations in the Raleigh area. Items are distributed to women's shelters, local hospitals, and homeless groups. Come join us, meet new people and help bring a little joy to those in need. We do not offer lessons but all members gladly share their knowledge. For those who cannot attend but wish to make items at home, all are gladly accepted. For more information contact Betty Boucher at (919) 872-4156. The Group will not meet on City Holidays. Class Fee: \$0
#40865 Jan 17-Apr 27 T,Th 1:00-3:00pm

Singing - Joyful Chorus

Location: Pullen Community Center
Age: 55yrs and up. Enjoy singing? Share your enthusiasm by joining the Joyfuls. Sing for various clubs, organizations, groups, and events. Practices are held at Pullen Community Center. Class Fee: \$0
#41028 Jan 9-Apr 24 M 10:00-11:00am

Athletics Teams & Leagues

Youth

Youth Baseball and Softball Athletic Districts

Youth Athletic District A

Lake Lynn Center and Optimist Center

Youth Athletic District B

Lion Center, Green Road Center and Millbrook Exchange Center

Youth Athletic District C

Jaycee Center, Laurel Hills Center and Method Center

Youth Athletic District D

Biltmore Hills Center, Carolina Pines, Chavis Center, Roberts Center, Tarboro Road, Walnut Terrace, Ralph Campbell, Halifax, Southgate, and Worthdale Center

The program registration form in this brochure is not valid for youth athletics. Youth athletic registration forms will be available at all Community Centers by February 6. You may also print a copy from the web page at parks.raleighnc.gov

Baseball Spring Youth League

Play Ball! Leagues are offered for the following age groups: 13-14, 15-16 and 17-18 year olds. Registration will be Feb 13-26 at all city parks. The 13-14 age groups will start practice the middle of March. The 15-16 and 17-18 ages group will not start practice until mid May. Class Fee: \$27

Pony ages 13-14

#41053 Mar 11-Jun 9 Districts A & C

#41054 Mar 11-Jun 9 Districts B & D

Colt ages 15-16

#41055 May 19-Jul 26 City Wide

Palomino ages 17-18

#41056 Jun 6-Aug 14 City Wide

Baseball Spring Youth League District A

District A includes Optimist Center and Lake Lynn Center. Baseball leagues will be offered for the following age groups: 5-6, 7-8, 9-10, and 11-12. Games and practices will be held in city parks within District A. Open registration will be held February 13-26. Class Fee: \$27

T-ball ages 5-6

#42668 Apr 3-Jun 10

Pinto ages 7-8

#42669 Apr 3-Jun 10

Mustang ages 9-10

#42670 Mar 20-Jun 24

Bronco ages 11-12

#42671 Mar 21-Jun 24

Baseball Spring Youth League District B

Batter Up! Raleigh Parks and Recreation offers youth baseball in northeast Raleigh through the Lions Park Center, Green Road Center, and Millbrook Exchange Center. District B baseball leagues will be offered for the following ages groups: 5-6, 7-8, 9-10, and 11-12. Practices and games could be played at one or more of the parks within the district including Buffalo Road Athletic Park, Millbrook Exchange Park, Lions Park, Spring Forest Road Park, Marsh Creek Park, and Brentwood Park. Registration will be held February 13-26th at any community center. Class Fee: \$27

#41851 TBall ages 5-6

#41852 Pinto ages 7-8

#41853 Mustang ages 9-10

#41854 Bronco ages 11-12

Baseball

Spring Youth League District C

Baseball fever-Catch it! Raleigh Parks and Recreation Department offers youth baseball in District C at Method Park, Jaycee Park and Laurel Hills Park. All games and practices will be held at these parks in addition to other fields within the district. Baseball leagues will be offered for the following age groups: 5-6, 7-8, 9-10, 11-12. Each participant must provide a copy of birth verification at registration and must have insurance. Registration: February 13-26, 2006. Class Fee: \$27

T-ball

#41627 Apr 17-May 27 ages 5-6

Pinto

#41628 Apr 18-May 27 ages 7-8

Mustang

#41629 Apr 11-Jun 2 ages 9-10

Bronco

#41630 Apr 10-Jun 10 ages 11-12

Baseball Spring Youth League District D

Out Of The Park-Homerun! The athletic department in coordination with the community centers throughout Raleigh offers youth baseball for ages 5-18 yrs. Each participant has to provide a copy of birth verification and must have insurance. Games and practices will be held at the following District D sites Biltmore Hills, Chavis, Carolina Pines, Roberts, Worthdale, Walnut Terrace, Halifax, and Tarboro Rd. Registration runs from February 13-26. Class Fee: \$27

T-Ball

#42019 Mar 23-Apr 29 ages 5-6

Pinto

#42020 Mar 21-Apr 20 ages 7-8

Mustang

#42021 Mar 20-May 27 ages 9-10

Bronco

#42022 Mar 20-22 ages 11-12

Softball Spring Youth League

Lets play ball! Girls slow pitch softball leagues will be offered in the following ages. Girls ages 9-10, 10-12; 13-16 are eligible to play. Registration Feb 13-26. League age is determined by the participant's age as of July 31, 2006. Class Fee: \$27

Girls Softball

#41057 Mar 18-Jun 1 District A&B age 10-12

#41059 Mar 18-Jun 1 District C&D age 10-12

#41058 Mar 18-May 31 City Wide age 13-16

Girls Machine Pitch Softball

#41060 Apr 6-Jun 20 age 9-10

Softball Spring Youth League District B

Age: 6-9yrs. Lets play ball! Girls slow pitch softball leagues will be offered in northeast Raleigh by Green Road, Lions Park and Millbrook Exchange Centers in District B. Girls ages 6-9: are eligible to play. Registration February 13-26. League age is determined by the participant's age as of July 31, 2006. Practices and games will be at parks within the district. Class Fee: \$27
#41889 Mini Girls Softball ages 6-9

Inline Hockey Youth League

Youth Inline Hockey Leagues for the following age divisions: 7-10, 11-14. League age is determined by child's age as of June 30, 2006. Registration January 17-29. Skill levels include beginner, intermediate, and experienced players. Practices will begin in February with games to be played March through May. All games and practices are at Marsh Creek Park. Each participant is responsible for wearing protective equipment for all games and practices. Mandatory equipment include, skates, helmet with face mask, mouth guard, protective cup, elbow pads, gloves designed for inline hockey, knee pads, shin guards and stick. Each participant must provide their own equipment. However, The Parks and Recreation Department can assist in providing equipment to those individuals who may be unable to provide their own, due to some financial hardship. Tryouts will be held on Saturday, February 18 at Marsh Creek Park ages 7-10 (10am), ages 11-13 (11am), ages 14-16

(12pm) Please call the Athletic office 831-6836 for more information. Class Fee: \$42
 #41050 Feb 18-Jun 8 ages 7-10
 #41051 Feb 18-Apr 27 ages 11-14
 #41052 Feb 18-Apr 27 ages 14-16

Youth Lacrosse

Youth Lacrosse Leagues for the following grade levels: Registration is February 6-19, 2006, Boys 3rd & 4th, Boys 5th & 6th, Boys 7th & 8th Girls 3rd-5th, Girls 6th-8th, Girls 9th-12th. All skill levels encouraged. Practices will begin in early March with games to be played in April and May. Games will be played at Halifax and Kiwanis Parks. Each participant is responsible for wearing protective equipment for all games and practices. Each participant must provide their own equipment which includes helmet, shoulder pads, gloves, elbow pads, stick, mouth guard and protective cup. The parks and Recreation Department may be able to assist in providing equipment to those individuals who may be unable to provide their own, due to financial hardship.

Youth boy's lacrosse

# 43903	March 11-May 20	grades 3 & 4
# 43904	March 11-May 20	grades 5 & 6
# 43905	March 11-May 20	grades 7 & 8

Youth girl's lacrosse

# 43906	March 11- May 20	grades 3-5
# 43907	March 11-May 20	grades 6-8
# 43908	March 11- May 20	grades 9-12

RPD Summer Basketball

Age: 13-16yrs. Method Center and the Raleigh Police Department in coordination with community centers throughout Raleigh offers youth basketball for ages 13-14 and 15-16 year olds. Registration will be at all city parks April 3-16, 2006. Each participant must provide a copy of birth verification before registering and must have insurance. League age is determined by the participants age as of July 31 of the current year. All games will be played at Method Community Center and practices will be at you local community center in your district. Class Fee: \$35

Method Center

#43585	Jun 12-Aug 28	ages 13-14
#43586	Jun 13-Aug 29	ages 15-16

Biltmore Hills

#43587	Jun 12-Aug 28	ages 13-14
#43588	Jun 13-Aug 15	ages 15-16

Carolina Pines

#43589	Jun 12-Aug 28	ages 13-14
#43590	Jun 13-Aug 29	ages 15-16

Chavis Center

#43609	Jun 12-Aug 28	ages 13-14
#43610	Jun 13-Aug 29	ages 15-16

Halifax Center

#43607	Jun 12-Aug 28	ages 13-14
#43608	Jun 13-Aug 29	ages 15-16

Lake Lynn

#43595	Jun 12-Aug 29	ages 13-14
#43596	Jun 13-Aug 29	ages 15-16

Green Road

#43591	Jun 12-Aug 28	ages 13-14
#43592	Jun 13-Aug 29	ages 15-16

Millbrook Exchange

#43599	Jun 12-Aug 28	ages 13-14
#43600	Jun 13-Aug 29	ages 15-16

Roberts Park

#43601	Jun 12-Aug 28	ages 13-14
#43602	Jun 13-Aug 28	ages 15-16

Tarboro Road

#43605	Jun 12-Aug 28	ages 13-14
#43606	Jun 13-Aug 29	ages 15-16

Worthdale Center

#43603	Jun 12-Aug 28	ages 13-14
#43604	Jun 13-Aug 29	ages 15-16

Jaycee Center

#43597	Jun 12-Aug 28	ages 13-14
#43594	Jun 13-Aug 29	ages 15-16

Laurel Hills

#43597	Jun 12-Aug 28	ages 13-14
#43598	Jun 13-Aug 29	ages 15-16

Adult

Adult Softball

Age: 18yrs and up. Adult Softball Leagues
 The athletic division will be holding registration for church, coed, men's, and women's adult softball teams. Registration dates Feb 27-Mar 2. Class Fee: \$425
 #43199 Apr 10-Jul 27

Adult Spring Dodgeball

Location: Various locations within Raleigh Parks and Recreation
 Age: 18yrs and up. Registration dates March 27-30. The athletic division will be holding registration for church, coed, men's, and women's adult dodgeball teams. Games will be played in April and May. Sites are to be selected a later date. Class Fee: \$75
 #43206 Mar 27-30

Basketball - AM Hoops

Location: Green Road Community Center
 Age: 18yrs and up. Are you a player? Show off your skills during AM Hoops. Individuals

will be involved in league play on Mondays from 11am-1pm. Registration will be held January 9-22. Class Fee: \$15
 #42053 Jan 23-Mar 20 M

Basketball - Work Zone Lunch League

Location: Green Road Community Center
 Age: 18yrs and up. What are you doing for lunch? How about playing basketball with your co-workers? A company lunch league will be played on Tuesdays during the lunch hour. Games will be organized according to how many teams sign up. Fee is per player. Class Fee: \$5

#42055	Jan 3-10	T	11:30am-1:00pm
#42056	Feb 7-28	T	11:30am-1:00pm
#42057	Mar 7-28	T	11:30am-1:00pm
#42058	Apr 4-25	T	11:30am-1:00pm

Basketball Adult Spring Method/Halifax

Location: Method Road Community Center
 Age: 18yrs and up. Adult Basketball League! Registration is February 14-March 5, 2005
 Teams can only have 12 players on a roster. Play begins the week of March 13. Closed (industrial) League. Open league A&B and C&D. First 7 teams per league per site. Each team guaranteed 12 games. Class Fee: \$395

#42399	Mar 13-May 18	M-Th	7:00-10:00pm
#43554	Mar 13-May 18	M-Th	7:00-10:00pm

Sand Volleyball - Spring League

Location: Jaycee Community Center
 Age: 18yrs and up. Catch Spring Volleyball Fever. Get a jump start on the summer season with a mini Spring sand season. Registration dates: February 24-March 6, 2006 (or until filled). Leagues: Beginner, Intermediate, Advanced. Team Registration only-6 person and doubles. League will play late March-May at Jaycee Park. See manager's sheet for details. **PLAY DAYS have been

Sand Volleyball League continued next page —



Sand Volleyball League continued —

determined as outlined below. Dates may change due to weather or scheduling conflicts. SPACE IS LIMITED BY DAY/LEAGUE. Class Fee: \$30

Doubles - Men's Intermediate

#42497	Mar 29-May 17	W	6:30-10:00pm
#42566	Mar 29-May 17	W	6:30-10:00pm
#42568	Mar 29-May 17	W	6:30-10:00pm

Doubles - Men's Advanced

#42498	Mar 27-May 15	M	6:30-10:00pm
#42509	Mar 27-May 15	M	6:30-10:00pm
#42519	Mar 27-May 15	M	6:30-10:00pm

Doubles - Coed Advanced

#42510	Mar 28-May 16	T	6:30-10:00pm
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6 person - Beginner

#42511	Mar 28-May 16	T	6:30-10:00pm
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Doubles - Coed Intermediate

#42569	Mar 30-May 18	Th	6:30-10:00pm
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6 person - Advanced

#42571	Mar 30-May 18	Th	6:30-10:00pm
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Educational

Preschool

1,2,3, Count With Me

Location: Optimist Community Center

Age: 3-5yrs. Learning numbers can be fun! Your child can experience the world of numbers through games, songs, crafts and other activities. Each session will cover different numbers ranging from 1-10. Class Fee: \$30

#42547	Jan 7-28	Sa	11:15am-12:00pm
#42548	Feb 4-25	Sa	11:15am-12:00pm
#42549	Mar 4-25	Sa	11:15am-12:00pm
#42559	Apr 1-29	Sa	11:15am-12:00pm

ABC Come Learn With Me

Location: Optimist Community Center

Age: 3-5yrs. Come learn your ABC's and their sounds with us. Fun activities will include songs, stories, games and alphabet crafts. Different letters will be taught each session. All letters of the alphabet will not be covered. Please bring something that starts with the letter 'B' to the first day of class. Parent must attend class with child(ren).

Class Fee: \$30

#42561	Jan 7-28	Sa	10:15-11:00am
#42562	Feb 4-25	Sa	10:15-11:00am
#42563	Mar 4-25	Sa	10:15-11:00am
#42564	Apr 1-29	Sa	10:15-11:00am

African Safari

Location: Millbrook Exchange Community Ctr

Age: 4-5yrs. In the jungle, the mighty jungle, the lion sleeps tonight. Come experience the jungles of Africa. The children will learn many interesting facts about several different animals in Africa. Class Fee: \$40

#40982	Jan 28-Feb 18	Sa	1:00-1:45pm
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Baby Signs

Location: Laurel Hills Community Center

Age: 6-18mths. American sign language is the base of this class which is taught to the parent and infant to improve communication and help lessen frustration. Class Fee: \$40

#42888	Jan 20-Feb 10	F	10:00-10:45am
#42889	Feb 17-Mar 10	F	10:00-10:45am

Color Works

Location: Millbrook Exchange Community Ctr

Age: 4-5yrs. COLOR YOUR WORLD! Come experience the many wonders of the rainbow. This class will teach the children different facts about the color spectrum and work on related craft projects. Class Fee: \$40

#40983	Jan 28-Feb 18	Sa	2:00-2:45pm
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Cooking - Chef Kids

Location: Green Road Community Center

Age: 3-5yrs. Measuring, pouring, stirring—we are learning to cook! Ms. Alice will use kid-friendly recipes that parents and kids can also use at home. We will also learn about the four different food groups. There will be a different recipe for each class! All students must be potty-trained. Class Fee: \$28

#41968	Jan 4-25	W	1:00-2:00pm
#41969	Jan 12-Feb 2	Th	11:15am-12:15pm
#41970	Feb 9-Mar 2	Th	11:15am-12:15pm
#41972	Mar 1-22	W	2:30-3:30pm
#41975	Mar 9-30	Th	11:15am-12:15pm
#41976	Apr 6-27	Th	11:15am-12:15pm

Cooking - Cookie Monsters

Location: Anderson Point

Age: 6-8yrs. A cooking class for youth. Learn how to bake cookies from scratch. A new recipe each week. Class Fee: \$35

#41061	Jan 12-Feb 2	Th	5:45-6:30pm
#41062	Feb 16-Mar 9	Th	5:45-6:30pm
#41063	Mar 23-Apr 13	Th	5:45-6:30pm
#41064	Apr 20-May 11	Th	5:45-6:30pm

Cooking - Gourmet Crumbs

Location: Jaycee Community Center

Age: 3-5yrs. Explore cooking through fun, new recipes. Mix, measure, make, and enjoy! Class Fee: \$16

#42465	Jan 9-16	M	9:30-10:45am
#42466	Feb 6-27	M	2:15-3:30pm
#42467	Mar 1-22	W	9:30-10:45am
#42468	Apr 5-26	W	2:15-3:30pm

Cooking - Kinder Cooks

Location: Pullen Community Center

Age: 4-6yrs. Children will become more familiar with cooking basics through learning age appropriate skills they can later use in their families. The children will be able to take home their creations as well as sample them in class. Children will introduced to math concepts through counting and measuring, nutrition and food groups, and they will learn cooperation skills by taking turns preparing the recipes. Please bring supply fee of \$10 payable to instructor the first day of class. Class Fee: \$20

#41679	Jan 17-24	T	10:00-11:15am
#41680	Feb 14-21	T	10:00-11:15am
#41733	Apr 11-18	T	10:00-11:15am
#41734	Mar 14-21	T	10:00-11:15am

Cooking - Pots & Pans for Busy Hands

Location: Sertoma Arts Center

Age: 3-5yrs. Bring out the little chef in your child in this fun class! Children will make snacks that are fun to make and delicious to eat. Josette Bellar instructs. Class Fee: \$36

#43572	Jan 26-Feb 16	Th	2:00-3:00pm
#43573	Apr 6-27	Th	2:00-3:00pm

Dinosaur Detectives

Location: Millbrook Exchange Community Ctr

Age: 4-5yrs. A class of Jurassic proportions! Come learn more about our prehistoric friends. This class will entail teachings about the different species of dinosaurs. Students will also create dinosaur related craft projects. Class Fee: \$40

#40984	Mar 4-25	Sa	1:00-1:45pm
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Holiday Programs - A Valentines Tea

Location: Anderson Point

Age: 4-5yrs. Bring your favorite Teddy Bear or stuffed animal for an afternoon Tea Party filled with Valentine's themes. Class Fee: \$10

#41070	Feb 13	M	3:00-4:00pm
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Language - ESL Parent/Toddler

Age: 2-5yrs. It is never too early for your toddler to learn a new language. English speaking skills are taught in the same way that a child learns his/her first language-by watching and listening to Mommy or Daddy and interacting with daily objects. This class will teach basic colors, counting and numbers, shapes, songs and gettings. Come prepared to participate (As Mommy and Daddy also learn English) and become part of your child's development into a second language. Nunca es demasiado temprano para que su niño aprenda un nuevo idioma. Los temas para hablar en Ingles son enseñados de la misma manera que un niño aprende su primer idioma, observando, escuchando a Mama y Papá e interactuando diariamente con diferentes objetos. En esta clase se enseñarán los colores básicos, como contar y los números, formas, canciones y saludos. Class Fee: \$0

Peach Road

#43060	Feb 4-25	Sa	9:45-10:30am
#43061	Mar 4-25	Sa	9:45-10:30am
#43062	Feb 4-25	Sa	10:30-11:15am
#43063	Mar 4-25	Sa	10:30-11:15am

Green Road

#43064	Mar 11-Apr 1	Sa	9:45-10:30am
#43065	Mar 11-Apr 1	Sa	10:30-11:45am

Laurel Hills

#43066	Feb 4-25	Sa	9:15-9:45am
#43067	Mar 4-25	Sa	9:15-9:45am

Play Smart

Age: 3-5yrs. Children will rotate through different stations in small groups. Physical fitness and safety activities involving City of Raleigh Firefighters and Police Officers are the primary focus. A kid-size city with pedal cars will be used to teach children about driver and pedestrian safety. Parents, guardians, or teachers are required to stay

during the program. Contact: Joyce Shields at 831-6640. Class Fee: \$5

Jaycee

#43175	Feb 22	W	10:00-11:30am
Halifax			
#43176	Feb 28	T	10:00-11:30am
Green Road			
#43177	Mar 8	W	10:00-11:30am
Laurel Hills			
#43178	Mar 16	Th	10:00-11:30am
Millbrook Exchange			
#43180	Mar 21	T	10:00-11:30am
Roberts			
#43181	Apr 5	W	10:00-11:30am
Method			
#43183	Apr 6	Th	10:00-11:30am
Tarboro Road			
#43184	Apr 11	T	10:00-11:30am
Lake Lynn			
#43185	Apr 12	W	10:00-11:30am
Optimist			
#43186	Apr 18	T	10:00-11:30am
Biltmore Hills			
#43187	Apr 20	Th	10:00-11:30am
Carolina Pines			
#43188	Apr 25	T	10:00-11:30am
Chavis			
#43189	Apr 26	W	10:00-11:30am

Signing Smart

Sign Language Play Classes

Location: Optimist Community Center

Age: 6-12mths. Come play and sign with us! Research shows that hearing children who use sign language have fewer tantrums, less frustration, larger vocabularies, and show advanced cognitive, linguistic, and literacy skills compared to non-signers. The Signing Smart Beginner Play Class Series provides a fun environment where parents or caregivers and their hearing children learn ASL signs and research-proven Signing Smart strategies while playing, singing, and exploring. Activities include gross motor play, large and small group interactions, reading, singing and more, all structured to facilitate linguistic and cognitive development and build children's conceptual understanding, memory, and vocabulary. The classes are great for families new to signing as well as for those who have already started. Signing Smart Beginner Play Classes teach more than 100 ASL signs related to food, toys, health and safety, animals, everyday interactions and more! You'll learn which signs to use throughout your signing journey. You will also learn Signing Smart Interaction Strategies, how to bring signs into your child's world, and how to recognize and respond to your child's early signs, making signing simple, fun, and successful. Fee includes video, ASL glossary, children's DVD, and parent handbook. Class Fee: \$157

6-12mths

#42589	Jan 11-Mar 15	W	9:30-10:15am
1-2yrs			
#42590	Jan 11-Mar 15	W	10:30-11:15am

Youth

African Adventure

Location: Peach Road

Age: 10-16yrs. Want to learn about Africa?

We will discuss 2-3 countries of Africa through images, music, storytelling, and artifacts.

Connect Africa to America and particularly African America. And try to explode the myths and misconceptions that most have about the continent. En este clase se hablará acerca de 2 o 3 países del continente Africano. Veremos imágenes, música, se contarán cuentos y apreciaremos artefactos. Conectaremos a África con América y en particular a la América Afro-americana. Trataremos de explorar mitos y conceptos erróneos que muchos tienen acerca de este continente. Class Fee: \$0
#42765 Feb 4 Sa 11:30am-1:30pm

African - American Quiz Bowl

Location: Chavis Community Center

Age: 8-10yrs. Quiz bowl (question and answer format) that tests participants' knowledge of African-American history. Prizes awarded to top finishers in different age groups. Age groups are 8-10 year olds, 11-14 year olds and 15-18 year olds.

Class Fee: \$0

#41859	Feb 23	Th	7:00-8:00pm
#41860	Feb 23	Th	7:00-8:00pm
#41861	Feb 23	Th	7:00-8:00pm

Cooking - Sweet Treats

Location: Carolina Pines Community Center

Age: 10-13 yrs. Love sweets? So do we!

Come out to Carolina Pines for easy fun cooking lessons geared toward youth. Must register by 5pm on the Monday before the class. Class Fee: \$10

#41788	Feb 2	Th	5:15-6:00pm
#41789	Mar 16	Th	5:15-6:00pm
#41790	Apr 13	Th	5:15-6:00pm

Cooking - Tiny Chefs

Location: Anderson Point

Age: 6-8yrs. Come out and begin to learn

the basics of cooking. Simple recipes, simple measuring, and finally—simply eating! Class Fee: \$30

#41069	Jan 23-Feb 13	M	5:30-6:30pm
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Cuentos en Espanol/Spanish Stories

Location: Peach Road

Age: 5-12yrs. ¡Vengan el segundo lunes de cada mes para escuchar cuentos en español! Esta clase es gratis pero requiere que se registre el primer día de cada mes. Join us the second Monday of each month for stories in Spanish! This is a free class, pre-registration is required on the first day of every month. Class Fee: \$0

#41102	Feb 13	M	4:30-5:15pm
#41103	Apr 17	M	4:30-5:15pm

Everything Comes

From Natural Resources

Location: Green Road Community Center

Age: 7-9yrs. Kids...Did you know that everything comes from natural resources? In this

class, participants will be able to realize that if they can touch, smell, see, or taste it, then it is a natural resource. This will be done through creative explorations, exercises and activities. Class Fee: \$12

#42766	Jan 14	Sa	10:00-11:15am
#42768	Mar 11	Sa	10:00-11:15am

Freedom Shrine

Location: Millbrook Exchange Community Ctr

Age: All Ages. Come out and visit this monument. The Freedom Shrine is a collection of original historic American documents photographically reproduced for display.

The purpose of the shrine is to encourage citizens of our nation to gain a deeper understanding of the events that took place in the building of America. The building will be closed on City Holidays. Class Fee: \$0
#40869 Jan 3-Apr 30 Daily 9:00am-10:00pm

Girls to Ladies & Boys to Gentlemen

Location: Method Road Community Center

Age: 8-12yrs. An etiquette and character

building pilot program for youth ages 8-12 & 14-17. This program will assist parents and other adults in helping your youth

develop a more positive image, improve their interpersonal communication skills and much more. Amazing Grace Etiquette, Inc.

a Raleigh-based nonprofit organization will facilitate both sessions. At the completion of each course, students are awarded with

an off-site graduation ceremony at one of the area's finest establishments, where they also receive Certificates of Achievement and graduation gifts. Class Fee: \$0

#42980	Jan 7-28	Sa	9:30-11:30am
#42983	Feb 4-25	Sa	9:30-11:30am

Holiday Programs - Holiday Happenings

Location: Anderson Point

Age: 5-7yrs. Holiday themed creations from

the kitchen. Come out and create your own decorated masterpiece. Class Fee: \$10

#41071	Apr 12	W	5:30-6:30pm
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Holiday Programs - Lucky Leprechauns

Location: Anderson Point

Age: 6-8yrs. An afternoon of stories and games related to St. Patrick's Day. Class

Fee: \$10

#41072	Mar 16	Th	3:30-4:30pm
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Intermediate Fishing Techniques

Age: 10-13yrs. Students will receive

intermediate instruction on bass fishing techniques (worm fishing, crankbait, spinnerbait) students are encouraged to bring their own tackle; however, loaner gear can be provided. Class Fee: \$10

Lake Wheeler

#42269	Mar 18	Sa	11:00am-12:30pm
#42270	Apr 6	Th	6:00-7:30pm
#42273	Apr 11	T	6:00-7:30pm

Lake Johnson

#42274	Apr 29	Sa	11:00am-12:30pm
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Educational Programs continued next page —

Little Truckers

Location: Jaycee Community Center
 Age: All Ages. Give your child the opportunity to touch and climb into each truck we have on site. Our fleet will include: fire, rescue, tractors, and more. First 10 youth to register will receive a small toy truck. Pre-registration is required by April 14. Class Fee: \$5
 #42463 Apr 29 Sa 11:00am-1:00pm

Middle School Masters

Location: Chavis Community Center
 Age: 11-15yrs. Become a Middle School Scholastic Master!! Join us for supervised homework assistance as well as a wide variety of recreational, educational, and fun activities. Parents, this is a safe, organized and supervised program. Class Fee: \$40
 #43667 Jan 2-31 M-F 2:30-6:00pm
 #43668 Feb 6-Mar 3 M-F 2:30-6:00pm
 #43669 Mar 1-31 M-F 2:30-6:00pm
 #43670 Apr 3-28 M-F 2:30-6:00pm

Reel Facts: Beginning Fishing

Age: 5-9yrs. Children will receive beginner's instruction on casting, fishing techniques, and safety tips. Class Fee: \$5

Lake Wheeler

#42261 Mar 18 Sa 9:00-10:30am
 #42266 Apr 4 T 6:00-7:30pm
 #42267 Apr 13 Th 6:00-7:30pm

Lake Johnson

#42268 Apr 29 Sa 9:00-10:30am

Rhythm Math

Location: Green Road Community Center
 Age: 5-7yrs. Children will be taught techniques to learn basic math through rap and poetry. At the end of the classes, children should be able to make up a rap or poem to remember basic math skills and answers. Class Fee: \$30

#42773 Jan 20-Feb 10 F 3:45-4:30pm
 #42774 Mar 3-24 F 3:45-4:30pm

Science Fun

Location: Green Road Community Center
 Age: 4-5yrs. Children who are exposed to the wonders of science in an enjoyable and caring way will begin to appreciate the beauty of the unique world in which we live. Join us as we discover the wonders of science as we conduct fun, age appropriate experiments. Experience the wonder of science with us. Class Fee: \$28
 #41977 Apr 5-26 W 2:15-3:00pm

Sewing Without a Machine Part I

Location: Green Road Community Center
 Age: 8-12yrs. Do not throw away those old clothes, especially those jeans. Using patches, needles and threads, we can change the identity of your clothing and make them just like new. Class Fee: \$24
 #42769 Feb 18-25 Sa 10:00-11:15am

Sewing Without a Machine Part 2

Location: Green Road Community Center
 Age: 8-12yrs. Spicing up my room...What every girl wants!!! Wouldn't it be fun to create valances, pillow cases and shams to spice up your room. Each participant will be given the materials to make their project. Participants do not have to have taken the Sewing Without a Machine Part 1 class, but they should have some experience with sewing. Class Fee: \$28
 #42770 Apr 21-28 F 6:30-7:15pm

Spanish - Parent/Toddler

Age: 2-5yrs. It is never too early for your toddler to learn a new language. Spanish speaking skills are taught in the same way that a child learns his/her first language by watching and listening to Mommy or Daddy and interacting with daily objects. This class will teach basic colors, counting and numbers, shapes, songs and greetings. Come prepared to participate (as Mommy or Daddy learn Spanish too), and become part of your child's development into a second language. Fee is per family. Class Fee: \$25
 Green Road Community Center

2-3yrs

#43534 Feb 4-25 Sa 9:45-10:30am

4-5yrs

#43535 Feb 4-25 Sa 10:30-11:15am

Lake Lynn Community Center**2-3yrs**

#43536 Feb 8-Mar 1 W 9:45-10:30am

#43538 Mar 22-Apr 12 W 9:45-10:30am

#43540 Jan 14-Feb 4 Sa 9:45-10:30am

#43544 Mar 4-25 Sa 9:45-10:30am

4-5yrs

#43537 Feb 8-Mar 1 W 10:30-11:15am

#43539 Mar 22-Apr 12 W 10:30-11:15am

#43541 Jan 14-Feb 4 Sa 10:30-11:15am

#43545 Mar 4-25 Sa 10:30-11:15am

Spanish for Kids

Location: Millbrook Exchange Community Ctr
 Age: 6-10yrs. This course will introduce children to the Spanish speaking world.

Students will learn basic greetings, shapes, senses, calendar dates and more. Students will also enjoy a cultural component which includes singing Spanish songs and breaking open a piñata. Class Fee: \$45

#43546 Feb 4-25 Sa 10:00-11:00am

#43547 Apr 1-29 Sa 10:00-11:00am

Substance Abuse Prevention

Location: Roberts Park Community Center
 Age: 9-14yrs. Preteens and teens are provided with various techniques to improve self esteem, develop self help skills, utilize refusal skills, handle peer pressure and make constructive use of leisure time. Class Fee: \$0
 #43138 Mar 20-Apr 24 M 5:30-6:30pm

Sweetheart Cards

Location: Chavis Community Center
 Age: 8-18yrs. Make a unique Valentine's card for that special person. We'll be using scrapbooking techniques and materials, you are welcome to bring a photo or special item to complete your unique look. Class Fee: \$2
 #41920 Feb 9 Th 5:30-6:30pm

Youth Fun Golf

Location: Lions Park Community Center
 Age: 6-12yrs. This class will teach the youth very basics of golf. How to grip or hold a club, swing club, along with all other proper techniques associated with golf. Usage of a fun golf set is included. Supply fee \$15.

Class Fee: \$20

#43208 Mar 4-25 Sa 10:00-11:00am

#43209 Apr 1-22 Sa 10:00-11:00am

Teens**American****Red Cross Babysitter's Training**

Age: 11-15yrs. Participants will gain knowledge, skills, and confidence to care for infants through school aged children. Safety issues, injury and illness prevention, basic child care, first aid, decision making skills, and age appropriate behavior and play are discussed. Instruction by American Red Cross. Class Fee: \$45

Millbrook Exchange Community Center

#42084 Jan 23 M 9:00am-3:00pm

Green Road Community Center

#42085 Jan 28 Sa 9:00am-3:00pm

Tarboro Road Community Center

#42086 Feb 11 Sa 9:00am-3:00pm

Laurel Hills Community Center

#42087 Feb 18 Sa 9:00am-3:00pm

Optimist Community Center

#42088 Feb 21 T 10:00am-4:00pm

Kiwanis Park

#42089 Mar 11 Sa 9:00am-3:00pm

Laurel Hills Community Center

#42090 Mar 27 M 9:00am-3:00pm

Lake Lynn Community Center

#42091 Apr 17 M 10:00am-4:00pm

Green Road Community Center

#42092 Apr 22 Sa 9:00am-3:00pm

Laurel Hills

#42094 Apr 29 Sa 9:00am-3:00pm

Computer Club

Location: Tarboro Road Community Center
 Age: 10yrs and up. Learn how to build web pages and web sites. A very exciting club. Class Fee: \$0

#43624 Jan 3-31 T 6:00-7:00pm

#43625 Feb 7-28 T 6:00-7:00pm

#43626 Mar 7-28 T 6:00-7:00pm

#43627 Apr 4-25 T 6:00-7:00pm

Portable Challenge Course for Teens

Location: Wade Ave. Administrative Office Bldg.
 Age: 11-18yrs. Let the Teen Program Staff custom design a team building workshop to help meet your group's needs and challenges. Initiative activities are utilized to enhance problem solving, team building, conflict resolution and other life skills through experiential learning and will be tailored to your specific group. These programs are great for schools, church groups, student councils, drop-out prevention programs, and many other established youth groups. Courses will be held at the site of the participants' choosing and will be scheduled according to availability. Please contact the Teen Program at least one month in advance

of desired program date. Cost: \$15 per staff hour of program with a minimum of 2 hours; we require a 1 to 8 staff member to student ratio. Contact the Teen Program at 831-6688 for more information. Class Fee: \$15
#42853 Jan 7-Apr 22 Sa 9:00am-1:00pm

Study Hall

Location: Carolina Pines Community Center
Age: 12-19yrs. Need a quiet place to study? Carolina Pines has just the spot for you. We have quiet study room available. Tutors are not available but a quiet place is. Call Carolina Pines for more information. 831-3435. Class Fee: \$0
#42251 Jan 9-Apr 28 M-F 6:00-8:00pm

Youth Legislative Assembly

Location: Non-City Owned Site
Age: 14-18yrs. The Youth Legislative Assembly is a mock legislative session where council members have the opportunity to learn the legislative process in North Carolina. This intense weekend gives participants the opportunity to express opinions and vote on issues facing our local, state, and national governments. Delegates, made up of councils from around the state are afforded the opportunity to discuss and recommend to the main assembly one or more bills. The bills are then debated and voted on by the Full Youth Legislative Assembly. This will be a three day session and is on a weekend. The Session is patterned after the North Carolina General Assembly. Please contact the Teen Program at 831-6688 for more information. Class Fee: \$0
#42886 Mar 24-26 F-Su 10:00am-10:00pm

Adult

A.R.C. Pet First Aid

Location: Lake Lynn Community Center
Age: 18yrs and up. The goal of first aid for dogs and cats is to protect both pet owners and their pets from further harm, injury or suffering during emergencies. This class, taught by the American Red Cross, will teach you how to act promptly and effectively to safeguard the life of an injured pet as well as provide tips for maintaining a pet's health and well-being. Class Fee: \$40
#42173 Apr 1 Sa 9:30am-1:00pm

Adobe Photoshop Elements

Location: Pullen Community Center
Age: All Ages. Photoshop Elements provides photo editing power in a comprehensive and flexible program. This course will teach you how to use Photoshop Elements to its maximum potential. Course topics include: obtaining images, color enhancements, cloning, cropping, and rotating. Topics also covered include: quick wins, using layers, color correction, adding and removing objects from an image, and creating collages. Class Fee: \$60
#43474 Jan 17-19 T,Th 6:30-9:00pm
#43475 Mar 7-9 T,Th 6:30-9:00pm

Automobile Safe Driving Program

Location: Pullen Community Center
Age: 16yrs and up. Improve your driving skills and avoid traffic violations by reviewing techniques and rules of the road. Proper use and maintenance of your vehicle will be discussed. Bring a bag lunch. Space is limited. Please pre-register. Bob Hartshorn, AARP Representative, instructs. \$10 payable to 'AARP' first day of class for supplies.
#41001 Apr 20-21 Th-F 9:30am-2:30pm

Basic Workout Techniques

Location: Method Road Community Center
Age: 18-99yrs. This class will include basic weight lifting that will enhance your workout and tone up the muscles you need to become healthier and happier. Private lessons will follow at a nominal fee. Class Fee: \$0
#43115 Jan 11-Feb 1 W 6:30-7:30pm

Black History Health Fair

Location: Roberts Park Community Center
Age: All Ages. Educate yourself, family and friends about the many diseases that affect African Americans. Learn detection, prevention and treatment. Sponsored by the Wake County Health Department. AIDS, cancer, diabetes, cataracts, hypertension, heart trouble, smoking and poor nutrition. Refreshments served and door prizes given away. Class Fee: \$0
#43571 Feb 14 T 11:00am-1:30pm

Boating - Advanced Coastal Navigation

Location: Lake Wheeler
Age: 16-99yrs. An interesting and informative course that covers the classical methods of coastal navigation applicable to all small vessels. This is not an entry-level course. This highly detailed course involves learning the plotting of navigational charts and the use of other calculations. Considered one of the most popular boating courses offered by the US Coast Guard Auxiliary, completion of this course will enable boaters the ability to navigate on the open water using a variety of methods. Detailed curriculum flyers available. Class Fee: \$70
#42496 Feb 13-Mar 23 M,Th 7:00-9:00pm

Bridge - Intermediate

Location: Pullen Community Center
Age: 18yrs and up. Already know how to play bridge and want to improve your skills? Intermediate bridge is for participants who have already taken beginner bridge or are average bridge players. Edith Horne instructs. Class Fee: \$35
#41006 Jan 23-Feb 16 M,Th 10:30am-12:30pm

Bridge - Play of Hand

Location: Pullen Community Center
Age: 18yrs and up. If you have already taken beginner and intermediate bridge or are a better than average bridge player, Play of Hand can help you improve your game. Cards are pre-dealt for each day's lesson. Edith Horne instructs. Class Fee: \$35
#42432 Jan 23-Feb 16 M,Th 1:00-3:00pm

Bridge for Beginners

Location: Laurel Hills Community Center
Age: 18yrs and up. Have you ever wanted to be able to join in a friendly, social game of bridge? This eight week class is just the place for beginners and will include instruction on bidding, strategy, and play of the hand. Learn the game and build your confidence with others who are just learning, too! Class Fee: \$60
#42822 Jan 31-Mar 21 T 7:00-9:00pm

Car Safety

Location: Peach Road
Age: 18yrs and up. Come to this educational class and learn how to be car safe! You will be taught on how to properly secure a child safety seat as well as good driving and car safety habits. Venga a esta clase educacional y aprenda como evitar accidentes en su carro. Usted aprenderá como asegurar apropiadamente a su hijo(a) en su asiento de seguridad, así como también los buenos hábitos para manejar y tener seguridad en su carro. Class Fee: \$0
#42429 Feb 28 T 6:30-8:00pm

Citizen's Advisory Council - Wade CAC

Location: Wade Ave. Administrative Office Bldg.
Age: 18yrs and up. Be an active member of your community. Come find out the latest news concerning city-wide and neighborhood issues, rezoning, and development reviews and discussions. Meetings are held the 4th Tuesday of every other month at Jaycee Park. No registration necessary. Class Fee: \$0
#42149 Jan 24 T 7:00-9:00pm
#42150 Mar 28 T 7:00-9:00pm

Citizen's Advisory Council - Glenwood CAC

Location: Glen Eden Park
Age: 18yrs and up. Be an active member of your community. Come find out the latest news concerning city-wide and neighborhood issues, rezoning, and development reviews and discussions. Meetings are held the 4th Monday of every other month at Glen Eden Center - 1500 Glen Eden Drive. No registration necessary. Class Fee: \$0
#42119 Jan 23 M 7:00-9:00pm
#42120 Mar 27 M 7:00-9:00pm

Citizen's Advisory Council - 5 Points CAC

Location: Fletcher Park
Age: 18yrs and up. Be an active member of your community. Come find out the latest news concerning city-wide and neighborhood issues, rezoning, and development reviews and discussions. Meetings are held the 2nd Wednesday of every month in the Garris building at Fletcher Park. No registration necessary. Class Fee: \$0
#42151 Jan 11 W 7:00-9:00pm
#42152 Feb 8 W 7:00-9:00pm
#42153 Mar 8 W 7:00-9:00pm
#42154 Apr 12 W 7:00-9:00pm

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Computer Skills for the Workplace

Location: Method Road Community Center

Age: 18-99yrs. Develop and increase your comfort level using basic computer skills needed to obtain employment, to navigate between software applications, and implement word processing software. You will also increase your computer literacy to send documents to potential employers and compile employment related documents as well as other related computer techniques for the workplace. Class Fee: \$0

#43237 Jan 9-Feb 16 M-Th 1:00-4:00pm

Cooking - Bella Italia!

Location: Peach Road

Age: 12yrs and up. Discover the wonderful world of cooking! Students will learn how to put together a delicious meal starting with appetizers and ending with entrees and deserts. Descubre el mundo de cocina italiana! Participantes aprenderán como hacer una cena completa. Class Fee: \$0

#40971	Jan 14	Sa	12:30-2:00pm
#40972	Feb 4	Sa	12:30-2:00pm
#40973	Feb 18	Sa	12:30-2:00pm
#40974	Mar 11	Sa	12:30-2:00pm
#40975	Mar 25	Sa	12:30-2:00pm
#40976	Apr 15	Sa	12:30-2:00pm

Cooking - Soup's On!

Location: Anderson Point

Age: 18yrs and up. A cooking class for others to share their favorite winter soup recipes with one another. A different soup will be presented each week during the four weeks. Class Fee: \$28

#41067	Jan 23-Feb 13	M	6:30-7:30pm
#41068	Feb 27-Mar 20	M	6:30-7:30pm

Culinary Herbs for Life

Location: Method Road Community Center

Age: 18-99yrs. In this class you will learn what to buy, how to plant, how to prepare your herbs for a healthier lifestyle. Recipes included. Bring questions for an enlightened discussion. Supply Fee \$5. Make checks payable to the instructor Louise Rogers, Master Gardener, Cooperative Extension. Class Fee: \$0

#43113 Mar 7 T 6:30-8:30pm

Curso Basico de Primeros Auxilios

Age: 18yrs and up. Este curso dictado por la Cruz Roja Americana le ensena como reconocer una emergencia, obtener ayuda, proveer tratamiento a enfermedades repentinas como shock, envenenamiento, golpe de calor, congelamiento asi tambien la practica de primeros auxilios en caso de cortes, moretones, golpes, esguinces y torceduras. Los estudiantes recibiran la certificacion de Primeros Auxilios valida por 3 anos. Posibilidad de adquirir becas. Class Fee: \$62

Green Road			
#42083	Feb 12	Su	1:00-6:00pm
Kiwanis			
#42093	Apr 9	Su	1:00-6:00pm
Tarboro Road			
#42095	Mar 19	Su	1:00-6:00pm

Digital Photography Introduction

Age: 16yrs and up. This class will provide an introduction to working with digital photos. Topics included are: basic skills to operate a digital camera, transferring pictures to the computer, posting pictures on the Internet via online photo sites, sending a picture with e-mail, selecting online photo services, and editing and enhancing photos with Adobe Photoshop Elements. Everything needed for the class is supplied. Cameras are provided. Please do not bring personal cameras. Class Fee: \$35

Lake Lynn			
#43477	Jan 18	W	6:30-9:00pm
#43482	Apr 17	M	6:30-9:00pm
Pullen			
#43478	Feb 2	Th	6:30-9:00pm
Green Road			
#43479	Feb 14	T	6:30-9:00pm
#43480	Mar 14	T	6:30-9:00pm
#43481	Mar 30	Th	6:30-9:00pm

Dog Obedience

Location: Millbrook Exchange Community Ctr

Age: 13yrs and up. Course of instruction in basic commands and control of your dog. The Raleigh Kennel Club provides this class as a community service. An AKC Canine Good Citizen test will conclude the class with passing dogs earning their AKC CGC title. This test evaluates the ability of the dog to display good public manners. Class Fee: \$40

#42389 Mar 29-May 31 W 7:30-8:30pm

Dog Obedience - Advanced Manners/AKC CGC

Location: Glen Eden Park

Age: 18yrs and up. Prerequisite: Basic Manners or equivalent. We will work on practicing polite manners around increasing distractions as well as earning the AKC Canine Good Citizen (CGC) title, a certification program that rewards all dogs with good manners at home and in public. The last class will be the AKC CGC test. In order to maintain an effective learning environment all participants must complete a questionnaire before registering for class. Questionnaires can be obtained by contacting Sylvie Pleasant at 779-3813 or K9solutions@nc.rr.com. Class Fee: \$95

#42595	Feb 11-Mar 18	Sa	10:30-11:30am
#42597	Feb 13-Mar 20	M	8:00-9:00pm
#42596	Apr 17-May 22	M	8:00-9:00pm

Dog Obedience - Basic Manners for K-9s

Location: Glen Eden Park

Age: All Ages. Benefits are a well-mannered dog at home and in public. Teach your dog self-control (no more jumping on guests, door lunging, etc.!) as well as basic commands such as sit, down, stay, come, walk on a loose leash, off, and how to incorporate them in your busy daily life. Maximize your leadership skills so your dog will take your requests seriously. In order to maintain an effective learning environment all participants must complete a questionnaire before registering for class. Questionnaires can be obtained by contacting Sylvie Pleasant at

779-3813 or K9solutions@nc.rr.com. Class Fee: \$120

#42598	Jan 10-Feb 28	T	7:30-8:30pm
#42599	Jan 28-Mar 18	Sa	9:30-10:30am
#42600	Feb 6-Mar 20	M	6:00-7:00pm
#42601	Mar 14-Apr 25	T	7:30-8:30pm
#42602	Apr 10-May 22	M	6:00-7:00pm
#42603	May 16-Jun 27	T	7:30-8:30pm

Dog Obedience - Small Dog Basic Manners

Location: Glen Eden Park

Age: All Ages. Show the big boys that your small dog is just as smart! For the toy breeds and mixes who are 15 lbs. or less. Benefits are a well-mannered dog at home and in public. Teach your dog self-control (no more excessive barking, door lunging, etc.!) as well as basic commands such as sit, down, stay, come, off, and how to incorporate them in your busy daily life. Maximize your leadership skills so your dog will take your requests seriously. In order to maintain an effective learning environment all participants must complete a questionnaire before registering for class. Questionnaires can be obtained by contacting Sylvie Pleasant at 779-3813 or K9solutions@nc.rr.com. Class Fee: \$120

#42614	Jan 10-Feb 28	T	6:30-7:30pm
#42615	Mar 14-Apr 25	T	6:30-7:30pm
#42616	May 16-Jun 27	T	6:30-7:30pm

Dog Rescue - Golden Retriever

Location: Pullen Community Center

Age: 18yrs and up. Neuse River Golden Retriever Rescue is an all volunteer run organization with the goal of placing abandoned, neglected, and abused Golden Retrievers into permanent loving homes. Approximately 200 to 250 Golden Retrievers are placed each year. Class Fee: \$0

#41011	Jan 26	Th	7:30-9:00pm
#41012	Apr 27	Th	7:30-9:00pm

ESL Informative Meeting

Location: Various Community Centers

Age: 18yrs and up. Join us at the informative meeting to learn about the English as a Second Language Programs and recreational opportunities available at your closest community center. Venga a esta junta informativa donde usted se enterará de los programas de Ingles como Segundo Idioma y también conocerá las diversas oportunidades de recreación que hay en el centro comunitario más cercano a usted. Class Fee: \$0

Carolina Pines

#43555	Jan 11	W	6:30-8:30pm
Green Road			
#43556	Jan 10	T	6:30-7:30pm

Lake Lynn

#43557	Mar 28	T	6:30-7:30pm
Method			
#43558	Jan 18	W	7:00-9:00pm

Peach Road

#43559	Feb 8	W	6:30-8:30pm
Pullen Community			
#43560	Feb 4	Sa	11:00am-12:00pm

Ralph Campbell

#43561	Jan 26	Th	6:30-8:30pm
Sertoma			
#43562	Jan 28	Sa	12:30-2:00pm

Friday Morning Book Club

Location: Worthdale Community Center

Age: 18yrs and up. If reading is one of your great passions, then come to Worthdale and read about today's latest novels. Class Fee: \$0
 #42311 Jan 13 F 11:00am-1:00pm
 #42312 Feb 3 F 11:00am-1:00pm
 #42313 Mar 3 F 11:00am-1:00pm
 #42314 Apr 7 F 11:00am-1:00pm

Health Awareness Club

Location: Tarboro Road Community Center

Age: All Ages. Come join a proactive club that will be discussing Health and Fitness related issues. We will have a new and exciting speaker each month. Class Fee: \$0
 #43648 Jan 5 Th 10:30-11:30am
 #43649 Feb 2 Th 10:30-11:30am
 #43650 Mar 2 Th 10:30-11:30am
 #43651 Apr 6 Th 10:30-11:30am

Heating & Air Conditioning

Location: Method Road Community Center

Age: 18-99yrs. This class will give you the tools 'and understanding to become more efficient in the field of Heating & Air Conditioning or give you an opportunity to begin a new career and open your own business. Experienced instructor from Wake Tech will teach this class. Class Fee: \$75
 #43434 Jan 9-Apr 27 M-T,Th 5:00-9:00pm

How to Make a Fresh Herb Wreath

Location: Green Road Community Center

Age: 14yrs and up. A fresh herb wreath makes a wonderful decoration indoors or outdoors. Better yet, a culinary herb wreath provides a continual source of fresh herbs for cooking. We'll make one with the herbs of your choice and add colorful flowers to brighten your day. Class Fee: \$75
 #42039 Apr 9 Su 3:30-5:30pm

Introduction to Personal Computing

Age: 14yrs and up. This course will introduce the hardware and software of a Personal Computer System and give a brief introduction to Microsoft Windows, Microsoft Word, and Microsoft Excel. Areas covered under Windows are the Windows Desktop, basic mouse techniques, exploring your computer, and file management. The Excel program will cover entering labels and values into a worksheet, formatting a worksheet and entering a formula into a worksheet. The Word program will cover entering text into a document, saving a document, and opening, revising, and printing an existing document. Class Fee: \$60

Pullen Community Center

#43504 Jan 30-Feb 1 M,W 6:30-9:00pm

Lake Lynn

#43505 Feb 27-Mar 1 M,W 6:30-9:00pm

Green Road

#43506 Apr 18-20 T,Th 6:30-9:00pm

Language - English as a Second Language

Age: 18yrs and up. These classes are offered for beginner and intermediate levels. Classes are designed for people that utilize a

primary language other than English and are interested in learning important skills to communicate in English. Estas clases son para principiantes y participantes de nivel intermedio y estan diseñadas para personas que no hablan ingles. Class Fee: \$0

Biltmore Hills Community Center

#41083 Jan 21-Feb 25 Sa 11:00am-12:30pm

#41084 Mar 11-Apr 15 Sa 11:00am-12:30pm

Method Road Community Center

#41085 Jan 25-Mar 1 W 7:00-9:00pm

#41086 Mar 15-Apr 19 W 7:00-9:00pm

Carolina Pines Community Center

#41087 Jan 21-Feb 25 Sa 10:30am-12:00pm

Peach Road Community Center

#41088 Jan 4-Feb 8 W 7:00-9:00pm

#41089 Feb 15-Mar 22 W 7:00-9:00pm

#41092 Mar 29-Apr 26 W 7:00-9:00pm

Ralph Campbell

#41090 Feb 4-Mar 11 Sa 1:00-2:30pm

Laurel Hills Community Center

#41091 Feb 11-Mar 18 Sa 10:00-11:30am

Sertoma Arts Center

#41093 Feb 4-Mar 11 Sa 12:30-2:00pm

Green Road Community Center

#43225 Jan 21-Feb 25 Sa 2:00-3:30pm

#43226 Mar 11-Apr 15 Sa 2:00-3:30pm

Lake Lynn Community Center

#43230 Apr 8-May 13 Sa 10:30am-12:00pm

Chavis Community Center

#43231 Jan 28-Mar 4 Sa 10:00-11:30am

#43232 Mar 18-Apr 22 Sa 10:00-11:30am

Pullen Community Center

#43233 Feb 11-Mar 18 Sa 11:00am-12:30pm

#43234 Apr 1-May 13 Sa 11:00am-12:30pm

Making Lipgloss, Lipsticks & Lip Balms

Location: Green Road Community Center

Age: 8yrs and up. If lips could talk, they'd say, 'Put only the best on me!' Make your own lip products using natural ingredients. These products make great gifts! Class Fee: \$60
 #42036 Feb 10 F 6:00-8:00pm

Making Liquid Soap

Location: Green Road Community Center

Age: 14yrs and up. Once you make your own liquid soap you won't want the grocery store variety anymore. A batch of liquid soap will be made using all natural materials. This class is for beginners as well as advanced soap makers. Class Fee: \$60
 #42018 Feb 5 Su 2:00-5:00pm
 #42031 Mar 5 Su 2:00-5:00pm

Making Lotions & Creams

Location: Green Road Community Center

Age: 8yrs and up. Save yourself some money and improve your skin by making your own lotions and creams with all natural ingredients. Class Fee: \$35
 #42034 Mar 19 Su 2:00-4:00pm
 #42035 Apr 23 Su 2:00-4:00pm

Making Lye Soap

Location: Green Road Community Center

Age: 14yrs and up. Let's make soap like grandma used to. Your skin will thank you. A batch of lye soap will be made using all natural materials. This class is for beginners.

It teaches the basics of making a batch of lye soap. Class Fee: \$50

#42033 Jan 15 Su 2:00-5:00pm

Microsoft Windows XP Introduction

Age: 16yrs and up. Learn the skills for navigating in Microsoft's newest operating system. Understand the different components of a window. Learn to open applications, documents, and manage files. Each student will receive a detailed manual. Class Fee: \$60

Pullen Community Center

#43511 Feb 6-8 M,W 6:30-9:30pm

Lake Lynn

#43512 Mar 27-29 M,W 6:30-9:30pm

Green Road

#43513 May 1-3 M,W 6:30-9:00pm

Microsoft Word XP Introduction

Age: 16yrs and up. Topics included in the class range from creating, editing, saving and printing documents to working with tabs, indentation, margins, and page setting features. Learn to create bullets and numbered lists, use find/replace, spell checker, and grammar check. Student's Prerequisites: Basic typing skills and basic Microsoft Windows skills. Each student will receive a detailed manual. This course is 6 hours. Class Fee: \$35

Lake Lynn

#43498 Jan 23 M 6:30-9:00pm

Pullen

#43499 Feb 21 T 6:30-9:00pm

Green Road

#43500 Mar 21 T 6:30-9:00pm

North Raleigh Citizens Advisory Council

Location: Millbrook Exchange Community Ctr

Age: 18yrs and up. Be an active member of your community. Come to find out the latest news concerning city-wide and neighborhood issues, rezoning, and development reviews and discussions. Meetings are the first Thursday of every month.

#40870 Jan 5 Th 7:30-10:00pm

#40871 Feb 2 Th 7:30-10:00pm

#40872 Mar 2 Th 7:30-10:00pm

#40873 Apr 6 Th 7:30-10:00pm

Northeast Citizens Advisory Council

Location: Brentwood Park

Age: 18yrs and up. Come find out the latest neighborhood happenings and issues. Have a voice in what's going on in your community. Meetings are held at Brentwood Community Center the second Thursday of every month.

#42142 Jan 12 Th 7:00-9:00pm

#42143 Feb 9 Th 7:00-9:00pm

#42144 Mar 16 Th 7:00-9:00pm

#42145 Apr 20 Th 7:00-9:00pm

Nutritional Keys to Fighting Diseases

Location: Method Road Community Center

Age: 18-99yrs. The nutritional keys you will learn in this session will fight Cancer, Heart Disease and other chronic diseases. Research-based nutritional insights for enhancing your body's ability to contain and overcome cancer and other chronic

Nutritional Keys continued next page —

Nutritional Keys continued —

diseases. Mark N. Mead, MSc, Durham-based Nutritional Research Consultant who is also Assistant Editor of Integrative Cancer Therapies & Research Associate, Institute for Integrative Cancer Research and Education will facilitate. Class Fee: \$0
#43002 Jan 12 Th 7:00-9:00pm

Nutritional Support for Cancer

Location: Method Road Community Center
Age: 18-99yrs. This session will give you an understanding of how nutrition can influence your treatment and encourage long-term remissions. Mark Mead, MSc Durham-based Nutritional Research Consultant and Assistant Editor, Integrative Cancer Therapies who is also Research Associate of Institute for Integrative Cancer Research and Education will facilitate. Class Fee: \$0
#43011 Mar 9 Th 7:00-9:00pm

Osteoporosis Support Group

Location: Pullen Community Center
Age: 18yrs and up. Osteoporosis support group meetings are informative and interactive. Guest speakers are scheduled. Group meets the 1st Monday of each month. Free. Class Fee: \$0
#41022 Jan 9-Apr 3 M 1:30-3:00pm

Partnerships for Parents

Location: Method Road Community Center
Age: 18-99yrs. This workshop will include strategies and tips for parents to use to help build positive and lasting relationships with teachers and school administrations. It will also include letter writing and parent/teacher conferences etiquette. Study skills, peer relationships building and communications skills for helping students be successful in school will be discussed. Margaret Ray-Nobles, Wake County School Counselor will facilitate. Class Fee: \$0
#43458 Jan 16 M 6:30-8:00pm

Plumbing

Location: Method Road Community Center
Age: 18-99yrs. This 32 hour course for 8 weeks will teach you all the fundamentals of becoming a plumber. Hands-on demonstrations will be apart of this course taught by Ed Hatley, Instructor at Wake Tech. Class Fee: \$75
#43114 Jan 7-Feb 25 Sa 9:00am-1:00pm

Raleigh Stamp Club

Location: Jaycee Community Center
Age: All Ages. Come learn about stamps! Let's talk about our collections. We meet the first Monday of each month except for holidays. Membership dues are 75¢/person/meeting. Class Fee: 75¢
#42122 Jan 9 M 7:30-9:00pm
#42123 Feb 6 M 7:30-9:00pm
#42124 Mar 6 M 7:30-9:00pm
#42125 Apr 3 M 7:30-9:00pm

Raleigh-Durham Caged Bird Society

Location: Glen Eden Park
Age: All Ages. The Raleigh-Durham Caged Bird Society serves to educate the public on the care of caged birds, to address avicultural concerns, and to encourage the conservation of avian species. The society meets the 3rd Sunday of each month at Glen Eden Pilot Park – 1500 Glen Eden Dr. Memberships dues are 75¢/person/meeting. No registration necessary. Class Fee: 75¢
#42479 Jan 15 Su 1:00-5:00pm
#42480 Feb 19 Su 1:00-5:00pm
#42481 Mar 19 Su 1:00-5:00pm
#42482 Apr 16 Su 1:00-5:00pm

S.T.A.R.S. in the Workplace

Location: Method Road Community Center
Age: 18-99yrs. SKILLS, TRAINING, ASSESSMENT AND RESOURCES FOR SUCCESS IN THE WORKPLACE This training is designed to help students develop the skills needed to find gainful employment. This class covers: development of communication skills, problem solving skills, positive self concept, job-hunting techniques, completing job applications, intensive mock interviewing, conflict resolution, time management and resume writing. The main focus of this class is how to gain employment, maintain employment, and explores different careers and what employers look for. This class will be taught by one of Wake Tech's Job Skills Instructor. Class Fee: \$0
#43116 Feb 6-23 M-Th 9:30am-12:30pm

Saving Face

Location: Green Road Community Center
Age: 8yrs and up. We all need to have a facial, but we all don't have the money or the time. Give yourself your own facial with natural ingredients found in your kitchen at a fraction of the cost. Class Fee: \$25
#42037 Jan 27 F 6:00-7:00pm
#42038 Feb 19 Su 2:00-3:00pm

Sign Language Beginners

Location: Laurel Hills Community Center
Age: 18yrs and up. Introduction to American Sign Language (ASL). Class includes introduction to ASL, it's culture, along with basic sign vocabulary. Involves actual 'hands on' practice. An excellent educational experience into the life and culture of people with hearing disabilities. Class Fee: \$40
#42844 Jan 23-Feb 13 M 7:15-8:30pm
#42845 Feb 20-Mar 13 M 7:15-8:30pm
#42846 Apr 3-24 M 7:15-8:30pm

Small Power Tools

Location: Method Road Community Center
Age: 18-99yrs. This class taught by Home Depot will be great learning experience that will assist you in using your tools at home or on the job more safely. Learn from one of the experts. Class Fee: \$0
#43247 Jan 3 T 6:00-7:00pm

Spanish - Introduction

Age: 18yrs and up. This course is an introduction to basic conversational Spanish with an emphasis on listening and speaking. Topics such as time, days, months, colors, dialogues, and present tense of verbs are covered. Class Fee: \$48
#43524 Jan 23-Feb 27 M 6:30-8:30pm
#43526 Jan 26-Mar 2 Th 6:30-8:00pm
#43527 Feb 7-Mar 14 T 6:30-8:30pm
#43528 Jan 12-Feb 16 Th 6:30-8:30pm

Spanish - Intermediate

Age: 18yrs and up. This course is a continuation of Introduction to Spanish with continued emphasis on listening and speaking. The past tense of verbs is introduced at this level. Class Fee: \$48
#43529 Mar 13-Apr 17 M 6:30-8:30pm
#43531 Mar 16-Apr 20 Th 6:30-8:00pm
#43532 Mar 2-Apr 6 Th 6:30-8:30pm
#43533 Mar 28-May 2 T 6:30-8:30pm

Square Dance Anyone?

Location: Method Road Community Center
Age: 18-99yrs. Learn the art of square dancing that is a lot of fun and a stress reducer. Expert Caller Bo Bierley will teach 2 introductory sessions to give you a feel of letting your mind and body go into a positive performance on the dance floor. Class Fee: \$0
#42988 Jan 10 T 7:30-9:30pm
#42989 Jan 17 T 7:30-9:30pm

Succulent Meat-based Dishes

Location: Method Road Community Center
Age: 18-99yrs. This demonstration cooking class will give you tips on how to prepare traditional meat-based dishes with nutrition and quality in mind. You will learn techniques of seasoning and preparation that will give you tools for lightening up your favorite meat-based dishes without sacrificing flavor and overall enjoyment. Class includes a fun tasting of the dishes as they are prepared. Melanie Mhorsson, Demo Specialist at Whole Foods who also has a degree in Food Science will be the facilitator of this session. Class Fee: \$0
#43110 Mar 21 T 6:30-8:30pm

Tax Assistance

Location: Pullen Community Center
Age: 18yrs and up. AARP/IRS tax aid is available for middle and low income individuals and senior citizens who need assistance in preparing their 2005 income tax returns. The service is sponsored by the American Association of Retired Persons and the Internal Revenue Service. Volunteer tax counselors, trained by the IRS, will help complete both Federal and North Carolina

The first wealth is health. Emerson

tax forms between February 1 and April 15, 2005. Those requesting help will be assisted on a first come, first serve basis. Please bring any 2005 tax forms you have received, copies of your 2004 returns, all records of income (salaries, pensions, interest, dividends, etc.), a listing of deductions, and other pertinent information. Must arrive by 3pm on Tuesday/Thursday and 1pm on Saturday. Class Fee: \$0
#41032 Feb 2-Apr 15 T,Th,Sa 1:00-4:00pm

Teens to Adulthood

Location: Millbrook Exchange Community Ctr
Age: All Ages. As your child with disabilities becomes a teenager and then a young adult, a new set of issues begins to emerge in every area of development and lifestyle, including social, emotional, safety issues, recreational, financial, housing, vocational and advocacy concerns. Are you ready to take the 'Next Step' with your child? Join other parents/caregivers every second Saturday of the month for morning conversations with public and private sector disability professionals and, more importantly, other people like yourself. We'll have focused conversations on topics related to transition into adulthood as, together, we take the 'Next Step' in our children's lives as they become adults with disabilities. For more info, please contact Kathy Honeyman at honeymank@earthlink.net. Class Fee: \$0
#40897 Jan 14 Sa 9:30-11:00am
#40898 Feb 11 Sa 9:30-11:00am
#40899 Mar 11 Sa 9:30-11:00am
#40900 Apr 8 Sa 9:30-11:00am

Undocumented Citizens Rights

Location: Peach Road
Age: 18yrs and up. If you are an undocumented American, then this class is for you! You will learn what your rights as an undocumented citizen are in the United States. Si usted es un ciudadano indocumentado, entonces esta clase es para usted. Usted aprenderá cuales son sus derechos como un ciudadano indocumentado en los Estados Unidos. Class Fee: \$0
#42428 Mar 21 T 6:30-8:00pm

Upholstery

Location: Method Road Community Center
Age: 18-99yrs. Are you interested in selecting fabric for furniture that will custom make your home? This is an opportunity to change your furniture to fit your taste for a new look. Learn upholstery from an experienced teacher from Wake Tech. Class Fee: \$75
#43448 Feb 13-Mar 3 M-F 9:00am-1:00pm

Web Page Design

Age: 14yrs and up. This class teaches the basics of Web Page design using Netscape Composer which is a free downloadable pro-

gram from the Web. The class is 5 hours in length. Participants should have intermediate computer knowledge. Class Fee: \$60

Pullen Community Center

#43514 Feb 7-9 T,Th 6:30-9:00pm
Green Road
#43515 Mar 13-15 M,W 6:30-9:00pm

Women's Forum

Location: Walnut Terrace Community Center
Age: 18yrs and up. The opportunity to discuss issues that matter to you will be the focus of this program. Issues will include: fitness, nutrition, parental responsibilities, money management and more. No childcare is provided. Class Fee: \$0
#42608 Jan 12-Apr 20 Th 6:30-8:00pm

Family

Bath and Body Series

Location: Pullen Community Center
Age: 10yrs and up. You can make your own bath and body products such as facial cleansing products, hand and foot products, lotions, hair care products and more. Know what you are putting on your body. Ingredients are all natural and all supplies are included. Class Fee: \$35
#43395 Jan 7 Sa 10:00-11:00am
#43396 Jan 14 Sa 10:00-11:00am
#43397 Jan 21 Sa 10:00-11:00am
#43398 Jan 28 Sa 10:00-11:00am
#43399 Feb 4 Sa 10:00-11:00am
#43400 Feb 11 Sa 10:00-11:00am
#43401 Feb 18 Sa 10:00-11:00am
#43402 Feb 25 Sa 10:00-11:00am
#43403 Mar 4 Sa 10:00-11:00am
#43404 Mar 11 Sa 10:00-11:00am
#43405 Mar 18 Sa 10:00-11:00am
#43406 Mar 25 Sa 10:00-11:00am
#43407 Apr 1 Sa 10:00-11:00am
#43408 Apr 8 Sa 10:00-11:00am
#43409 Apr 22 Sa 10:00-11:00am
#43410 Apr 29 Sa 10:00-11:00am

Boating Safely Courses

Location: Lake Wheeler
Age: 12yrs and up. Covers basic boating skills, needed safety equipment, and boat-handling procedures — along with Federal and State boating regulations. This course is designed for both boat and PWC users. Newly established NC State boating regulations concerning personal watercraft operators between the ages of 12-16 require the successful completion of this type of course. Completed course will qualify students for Boaters Insurance Discount Programs through various insurance agencies. Class Fee: \$30
#42554 Mar 11 Sa 8:00am-4:00pm

Computer Class Samplers

Location: Pullen Community Center
Age: All Ages. Come and learn about what the City of Raleigh Parks and Recreation

Department has to offer in its computer learning labs. The class introduces the home user to class resources and facilities offered throughout the year. Class Fee: \$0

#43502 Jan 26 Th 7:30-8:30pm
#43503 Feb 15 W 6:30-7:30pm

Computer Q&A

Location: Pullen Community Center
Age: All Ages. This is a general knowledge computer question and answer session for the home computer users who have a few questions about computer hardware, software, etc. Our staff will help you answer your questions or help you with the resources to find your answer. Class Fee: \$0
#43501 Jan 24 T 7:30-8:30pm

Cooking- Holiday Candy

Location: Carolina Pines Community Center
Age: 15yrs and up. Don't have much time or money to make holiday treats this season? Learn the easy and cheap way to dip and make holiday candies in one night! Must register by Monday before the class. Class Fee: \$10
#41791 Feb 9 Th 6:30-8:00pm
#41793 Apr 6 Th 6:30-8:00pm

Dog Obedience - Puppy Beginnings

Location: Glen Eden Park
Age: All Ages. Get off to a great start with your puppy! For puppies who are 5 months or less. Benefits include socialization to various stimuli, puppy agility, learning obedience, nail clipping, and prevention of common problems such as jumping, mouthing, chewing, food/toy possession, crate training, house soiling, etc. This class is geared to making sure your puppy will cope well in human society. Class is ongoing. Owners must have written approval from their veterinarian. In case of cancellations, owners must preregister by e-mailing K9solutions@nc.rr.com or calling 919-779-3813. Class Fee: \$0
#42680 Jan 17-May 30 T 8:30-9:15pm

Dog Obedience - Cautious Canines

Location: Glen Eden Park
Age: All Ages. Cautious Canines is for dogs who are shy, lack self-confidence, cower in strange environments or when strangers/ guests approach, scared of other dogs, etc. It's geared to give owners tools to help their shy dogs cope and overcome their fears. This class is a great prerequisite for Basic Manners. It is not suitable for reactive dogs. If you are unsure as to whether this class is suitable for your dog, contact 919-779-3813 or k9solutions@nc.rr.com. Class Fee: \$75
#42666 Jan 10-Feb 7 T 5:45-6:30pm
#42698 Mar 14-Apr 11 T 5:45-6:30pm
#42699 May 16-Jun 13 T 5:45-6:30pm

Educational Programs continued next page —

Fishing Basics

Location: Lake Wheeler

Age: 9yrs and up. The purpose of this course is to introduce the novice to the joys of fishing. Experience is not a barrier; curious children, single parents, or those just wanting to learn are welcome to learn from the ground up. Topics covered will include Fish biology, tackle, bait, and different types of rigging ranging from simple cane pole, hook-and-bobber outfits to spinning, spin-casting, and bait casting. The instructor will focus on the most common local species such as sunfish, bass, and catfish. We will cover live bait and artificial lures. The class will feature hands-on and lakeside instruction on both casting and lure presentation. At the end of the day students should feel comfortable fishing and be confident that they will be able to catch fish. For more information, please contact our Fishing Team at 919-831-6640. Class Fee: \$12

#42254	Feb 25	Sa	1:00-3:00pm
#42257	Mar 18	Sa	1:00-3:00pm
#42258	Apr 25	T	6:00-8:00pm

Forever Frosty the Snowman

Location: Chavis Community Center

Age: 10yrs and up. Learn about different hand sewing techniques while making an adorable snowman for your home that will never melt. Class Fee: \$10

#41904	Jan 10	T	5:30-7:30pm
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Garden Tea Party

Location: Mordecai Historic Park

Age: All Ages. Put on your best tea dress, grab your favorite teddy bear and hat, and come to Mordecai for a delightful day of tea, refreshments, music, and conversation. Ever wondered what the difference is between High Tea and Afternoon Tea? You'll learn the answer to this question, as well as facts about the customs and etiquette of Tea. Class Fee: \$5

Mordecai Garden Tea Party

#43193	Apr 8	Sa	10:00am-12:00pm
#43194	Apr 8	Sa	1:00-3:00pm

Gardening with Heirloom Plants

Location: Mordecai Historic Park

Age: 13yrs and up. Come learn how to buy, plant, and manage old varieties of plants, herbs, and fruits for your home garden. Also learn about the history of these plants and how they changed over time. Materials will be provided. Rain or shine. Class Fee: \$15

Gardening with Heirloom Plants

#43169	Mar 11	Sa	10:00am-12:00pm
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Mordecai Heirloom Plants

#43170	Mar 11	Sa	12:00-2:00pm
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Mordecai Heirloom Plants

#43171	Mar 15	W	2:00-4:00pm
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Intro. to Sailing on a 23' Keelboat

Location: Lake Wheeler

Age: 12yrs and up. This 3-hour course is designed for individuals with little to no sail-

ing experience, but who desire to explore the exciting recreational opportunities provided by sailing aboard a larger sailboat. Students are familiarized with basic sailing principles, points of sail, sailing vessel operation and components, the importance of safety, and basic vessel operation aboard a 23' sloop (the Alyssa Grace). All instruction will be provided on the water and at dockside. Unlike rowing, kayaking, or canoeing, the wind is your motor and this affords ample opportunity to sit back and relax. Class Fee: \$40

#42712	Mar 18	Sa	10:00am-12:00pm
#42717	Mar 19	Su	2:00-4:00pm
#42718	Apr 29	Sa	10:00am-12:00pm
#42719	Apr 30	Su	2:00-4:00pm

Introduction to Scrapbooking

Location: Chavis Community Center

Age: 10yrs and up. Learn basic techniques to create fun and beautiful decorative pages for your photo memories. Bring 1 to 4 photos to work with. Class Fee: \$3

#43665	Jan 18	W	6:00-8:00pm
#43666	Mar 22	W	6:00-8:00pm

Passport to Fishing and Boating

Location: Tarboro Road Community Center

Age: 5yrs and up. The Passport to Fishing and Boating Program is an introduction to a lifetime of recreation for families with little or no previous fishing and boating experience. By participating in the program, participants have fun while learning some basic skills and needed techniques to begin fishing and boating in their communities. Class Fee: \$3

#42259	Mar 11	Sa	10:00am-12:00pm
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Roundin' Up the Relatives: Genealogy

Location: Mordecai Historic Park

Age: 7yrs and up. Are there skeletons in your closet? Famous patriots or scoundrels? Solid community types? Don't let them get away. Learn the simple techniques and tricks of the trade with Karen-Marie Allen, director of the Olivia Rainey Local History Library as she presents 'Roundin' Up the Relatives' a basic genealogy workshop to be held at Mordecai Historic Park. Class Fee: \$5

#43174	Jan 28	Sa	1:00-2:30pm
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Southern Life Saturday's

Location: Mordecai Historic Park

Age: All Ages. Historic Reenactors will demonstrate tasks carried out on North Carolina farms and homes in the 1800s. Smell aromas from open-hearth cooking, watch fabric come together on a loom, or hear Andrew Johnson give a speech when you attend any number of Mordecai's living history programs on the third Saturday of every month. Class Fee: \$5

Mordecai Southern Living

#43190	Mar 18	Sa	12:00-1:00pm
#43191	Mar 18	Sa	2:00-3:00pm
#43195	Apr 15	Sa	12:00-1:00pm
#43196	Apr 15	Sa	2:00-3:00pm

Sunset Sailboat Cruises

Location: Lake Wheeler

Age: 2yrs and up. Spend a few hours relaxing on the open waters of Lake Wheeler, being introduced to some basic sailing fundamentals, observing wildlife, and learning about the history of the lake. Conducted aboard a 23' Sailing Sloop, these cruises will be held to 2 hours each (approximate). Bagged dinners/snacks are encouraged as these two-hour tours will be confined between 3 and 8pm (depending on month). Class Fee: \$25

#42728	Mar 18	Sa	4:30-6:30pm
#42729	Mar 19	Su	4:30-6:30pm
#42739	Apr 29	Sa	6:00-8:00pm
#42740	Apr 30	Su	6:00-8:00pm

Victorian Valentine's Day

Location: Mordecai Historic Park

Age: All Ages. Did you know that during the Victorian era, Valentine's Day cards were more cherished than Christmas cards? Try your hand at making some ornate and unique Valentine's Day crafts that will be sure to make your loved ones melt. Participants will also have a chance to view some authentic 19th century Valentine's treasured and tucked away by the Mordecai family. Class Fee: \$10

#43179	Feb 11	Sa	1:00-2:30pm
#43182	Feb 15	W	1:00-2:30pm

Fitness**Preschool****Basketball Tots**

Location: Chavis Community Center

Age: 3-5yrs. Pre-schoolers will be introduced to the basics of basketball through drills and fundamentals. Pre-registration is required.

Class Fee: \$5

#43671	Jan 5-26	Th	11:00-11:45am
#43672	Mar 2-23	Th	11:00-11:45am

Exercise - Creative Movement

Location: Sertoma Arts Center

Age: 3-5yrs. This class is a fun and exciting way to introduce your child to dance and other creative ways of moving. With the help of fun music, we will be exploring music and rhythm while developing basic motor skills. Parents are invited to watch the last class. Parent does not attend class with child. Lene Judge instructs. Class Fee: \$44

#41285	Jan 17-Feb 21	T	10:30-11:30am
#41286	Mar 21-Apr 25	T	10:30-11:30am

Exercise - Tiny Tot Fitness

Location: Sertoma Arts Center

Age: 2yrs. Emphasis is on socializing with other 2 year olds through a combination of

creative dance, basic gymnastics, and the use of parachutes. Parent attends class with child. To ensure the one-on-one experience of the parent/child classes, the Arts Center requires that only those registered attend. To further prevent distractions, older and younger siblings may not accompany the registered child to these classes. Lene Judge instructs. Class Fee: \$34

#41291	Jan 17-Feb 21	T	9:30-10:15am
#41292	Mar 21-Apr 25	T	9:30-10:15am

Gymnastics - Beginning

Location: Green Road Community Center
Age: 4-5yrs. Join us as we explore creative skill techniques utilizing apparatus and movement combinations. Balance, flexibility, stamina, form, style and creative patterns are learned. Little or no experience needed. Class Fee: \$36

#41819	Jan 13-Feb 3	F	11:30am-12:15pm
#41820	Feb 17-Mar 10	F	11:30am-12:15pm
#41821	Mar 24-Apr 21	F	11:30am-12:15pm

Gymnastics - Kindergym®

Location: Pullen Community Center
Age: 3-5 yrs. Developmental floor gymnastics program with emphasis on fun, social and gross motor development, physical fitness and movement education while learning numbers, colors, shapes and words. Kinderdance/E programs blend educational concepts with various forms of movement, dance, and gymnastics. The programs help develop gross motor skills, movement creativity, fitness, and body awareness. Each class is taught using lesson plans which incorporate original and traditional age-appropriate music and songs. Classes are offered on a monthly basis, but consecutive participation is recommended. Each month has a theme that will reinforce previous skills and introduce new ones. If a child participates for 5 or more consecutive months, they may participate in a year-end demonstration with their peers. Please wear a T-shirt, sweatpants or leggings and socks. Class Fee: \$35

#41036	Jan 10-31	T	11:00-11:45am
#41037	Feb 7-28	T	11:00-11:45am
#41038	Mar 13-Apr 3	T	11:00-11:45am
#41039	Apr 4-25	T	11:00-11:45am

Gymnastics - Parent & Tot

Location: Green Road Community Center
Age: 1-3yrs. This is a parent-tot participation class. At least one parent must attend. Fun and exciting learning includes stunts, tumbling, rolls, climbs, jumps and flips. Motor skill development and spatial expression area play are emphasized. Class Fee: \$36

#41826	Jan 13-Feb 3	F	10:30-11:15am
#41827	Feb 17-Mar 10	F	10:30-11:15am
#41828	Mar 24-Apr 21	F	10:30-11:15am

Kinder Fitness

Location: Biltmore Hills Community Center
Age: 3-5yrs. Learn the fundamentals of running, jumping, walking, skipping and tumbling while learning to be fit. Class Fee: \$1

#41661	Jan 3-Feb 2	T,Th	9:00-10:00am
#41662	Feb 2-28	T,Th	9:00-10:00am
#41663	Mar 2-Apr 4	T,Th	9:00-10:00am
#41664	Apr 4-27	T,Th	9:00-10:00am

Martial Arts - Karate Tikes

Location: Laurel Hills Community Center
Age: 3-5yrs. In this introductory class, young children will direct their boundless energy to basic punches, kicks, blocks, and stances in this structured yet playful Karate class. Instruction will emphasize concepts of self confidence, concentration, respect for others, and physical fitness. Comfortable shirts and pants are recommended. No additional equipment necessary. Class Fee: \$32

#41741	Jan 10-31	T	5:15-5:45pm
#41742	Feb 7-28	T	5:15-5:45pm
#41743	Mar 7-28	T	5:15-5:45pm
#41744	Apr 4-25	T	5:15-5:45pm

Preschool Fitness

Location: Roberts Park Community Center
Age: 3-4yrs. This program teaches preschoolers the importance of physical fitness through games and various fun activities. Must preregister. Class Fee: \$15

#43111	Feb 1-22	W	10:30-11:15am
#43112	Mar 1-22	W	10:30-11:15am

Preschool Fun

Location: Worthdale Community Center
Age: 3-5yrs. Preschoolers will enjoy learning a variety of sports and group games. Call for reservations. Class Fee: \$5

#43162	Jan 9-30	M	10:00-11:00am
#43163	Feb 6-27	M	10:00-11:00am
#43164	Mar 6-27	M	10:00-11:00am
#43165	Apr 3-24	M	10:00-11:00am

Preschool Gymnastics

Location: Laurel Hills Community Center
Age: 3-5yrs. This beginner gymnastics class will teach your child the basics of tumbling, jumping, rolling, and balance. Class Fee: \$40

#41831	Jan 7-28	Sa	11:30am-12:15pm
#41832	Feb 4-25	Sa	11:30am-12:15pm
#41833	Mar 4-25	Sa	11:30am-12:15pm
#41834	Apr 1-29	Sa	11:30am-12:15pm

Youth

Ballin Basics 101

Location: Worthdale Community Center
Age: 6-16yrs. Come out Saturday mornings and learn the fundamentals of the game of basketball. Each Saturday we will learn basic skills which involve dribbling, passing, defense and shooting. Even if you've played ball before you can still learn some new skills to get better. Class Fee: \$5

#43157	Jan 7-28	Sa	10:00-11:30am
#43158	Feb 4-25	Sa	10:00-11:30am
#43159	Feb 4-25	Sa	10:00-11:30am
#43160	Apr 7-28	Sa	10:00-11:30am

Dance - Gymnastics

Location: Lake Lynn Community Center
Age: 5-11yrs. Enjoy the sport of gymnastics. Join our class as we tumble, learn forward and backward rolls, cart-wheels, headstands, and bridges. Beginners will experience the skills involved in the pommel horse, vault, horizontal bars, and the balance beam. Balance, flexibility, form, technique, pullover, dismounting, and stretching are included in the class. Little to no experience is necessary. Instructor Khadija aka Coach K; NCAE. Class Fee: \$45

#43044	Mar 6-27	M	4:00-4:45pm
#43045	Apr 3-24	M	4:00-4:45pm

Gymnastics - Elementary

Location: Green Road Community Center
Age: 5-11yrs. Fun exercise! Stunts, tumbling, balance and coordination. Apparatus and floor routines combined into movement patterns. Little/no experience required. Class Fee: \$36

#41812	Jan 13-Feb 3	F	4:45-5:30pm
#41813	Feb 17-Mar 10	F	4:45-5:30pm
#41814	Mar 24-Apr 21	F	4:45-5:30pm

Halifax Hope

Location: Halifax Community Center
Age: 6-12yrs.

This is a P.E. class for Hope Elementary School kids only. Class Fee: \$0

#42400	Jan 24-Apr 11	T	10:15-11:00am
#42401	Jan 24-Apr 11	T	12:15-1:00pm
#42402	Jan 25-Apr 12	W	11:15am-12:00pm
#42403	Jan 25-Apr 12	W	1:50-2:35pm
#42404	Jan 26-Apr 13	Th	11:30am-12:15pm
#42405	Jan 26-Apr 13	Th	1:30-2:15pm

Karate - Little Tigers

Location: Lake Lynn Community Center
Age: 5-6yrs. This program will introduce your child to the art of Shorin-Ryn Karate, along with improving balance and coordination as well as leadership. Class Fee: \$39

#42973	Jan 4-Feb 1	M,W	4:30-5:15pm
			no class Jan 16

#42974	Feb 6-Mar 1	M,W	4:30-5:15pm
#42975	Mar 6-29	M,W	4:30-5:15pm
#42976	Apr 3-26	M,W	4:30-5:15pm

Karate at Tarboro Road

Location: Tarboro Road Community Center
Age: 5-15yrs. Tae Kwon Do style defense and self discipline for beginning and advanced students. Class Fee: \$25

#43628	Jan 4-30	M,W	6:30-7:30pm
#43629	Feb 1-27	M,W	6:30-7:30pm
#43630	Mar 1-29	M,W	6:30-7:30pm
#43631	Apr 3-26	M,W	6:30-7:30pm

Kids Aerobics

Location: Chavis Community Center
Age: 5-13yrs. Kids need to keep fit too! Fun, low impact aerobics for children. Classes taught by Phyllis Rollins. Class Fee: \$10

#43660	Jan 7-28	Sa	10:00am-10:30am
#43661	Feb 4-25	Sa	10:00am-10:30am
#43662	Mar 4-25	Sa	10:00am-10:30am
#43663	Apr 1-22	Sa	10:00am-10:30am

Fitness Youth continued next page —

Kinder Tae Kwon Do

Location: Lions Park Community Center
Age: 4-6yrs. Martial arts class for youth beginners that provides introductory instruction in Tae Kwon Do. Parents are encouraged to sit in and observe. Class Fee: \$25

#41324	Jan 5-Feb 2	Th	6:30-7:30pm
#41325	Feb 2-23	Th	6:30-7:30pm
#41326	Mar 2-23	Th	6:30-7:30pm
#41327	Apr 6-27	Th	6:30-7:30pm

Martial Arts - Karate Kids

Location: Laurel Hills Community Center
Age: 5-12yrs. This class introduces older children to basic movements of Karate as well as principles of Karate including focus, personal excellence, and respect for others. Comfortable shirts and pants are recommended. Class Fee: \$36

#41751	Jan 5-26	Th	5:00-5:45pm
#41752	Feb 2-23	Th	5:00-5:45pm
#41753	Mar 2-23	Th	5:00-5:45pm
#41754	Apr 6-27	Th	5:00-5:45pm

Martial Arts - Okinawan Shorin-Ryu

Location: Laurel Hills Community Center
Age: 7yrs and up. This program will help improve your balance, coordination, flexibility, public speaking, leadership, and self defense through the art of Okinawan Shorin-Ryu Karate-DO Okinawan and Kata. Class Fee: \$44

#41745	Jan 3-31	T,Th	6:00-7:00pm
#41746	Feb 2-28	T,Th	6:00-7:00pm
#41747	Mar 2-30	T,Th	6:00-7:00pm
#41748	Apr 4-27	T,Th	6:00-7:00pm

Martial Arts - Self Defense for Kids

Location: Optimist Community Center
Age: 4-14yrs. This self-defense course for boys and girls is designed for self-awareness and fun. Emphasis is on self-discipline rather than aggressiveness. A certified black belt will instruct various basic self-defense/ karate techniques and forms. No physical contact is allowed in beginner classes. Participants who complete the course with perfect attendance will receive a medal. Testing for rank promotion is held the next week after the last class and for an additional fee. Uniforms are optional and are available to purchase from the instructor for an additional fee. Class Fee: \$78

All New Students (White Belts)

#41717	Jan 23-Apr 24	M	6:15-7:00pm
#41718	Jan 23-Apr 24	M	7:00-7:45pm

Yellow & Green Belts Only

#41719	Jan 23-Apr 24	M	7:45-8:30pm
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Blue Belts and above

#41720	Jan 23-Apr 24	M	8:30-9:15pm
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Soccer Saturdays

Location: Worthdale Community Center
Age: 6-12yrs. Learn to play soccer at an instructional session. Children are given the opportunity to learn kicking, passing, and ball control skills from an instructor. Games

will take place after instructional session.

Class Fee: \$5

#43143	Apr 8-29	Sa	12:00-4:00pm
#43144	Apr 15-May 6	Sa	12:00-4:00pm
#43145	Apr 22-May 13	Sa	12:00-4:00pm
#43146	Apr 29-May 20	Sa	12:00-4:00pm

Tae Kwon Do Youth

Location: Worthdale Community Center
Age: 5-12yrs. Learn the art of self defense and discipline. Students will continue to refine their skills, learn different techniques and develop physical fitness. Class Fee: \$25

#42292 Jan 10-Feb 2 T,Th 6:30-7:30pm

#42293 Feb 7-Mar 2 T,Th 6:30-7:30pm

#42294 Mar 7-Apr 4 T,Th 6:30-7:30pm

#42295 Apr 5-May 1 T,Th 6:30-7:30pm

Youth Fall Tennis

Location: Lions Park Community Center
Age: 6-14yrs. A beginners class for youth that will teach the basic techniques in tennis. You will learn how to hold a tennis racquet and how to hit the tennis ball. This class will give you the confidence to take your game to another level. Class Fee: \$25

#43210 Mar 4-25 Sa 10:00am-12:00pm

#43211 Apr 1-22 Sa 10:00am-12:00pm

Teens**Yoga for Teens**

Location: Laurel Hills Community Center
Age: 12-16yrs. Experience the mind and body connection through popular yoga moves, and increase your flexibility and balance in a soothing relaxed atmosphere. Please bring a mat to class. Class Fee: \$40

#42857 Jan 23-Feb 13 M 5:00-5:45pm

#42862 Feb 20-Mar 13 M 5:00-5:45pm

#42863 Apr 3-24 M 5:00-5:45pm

Adult**Aerobics - Low Impact**

Location: Tarboro Road Community Center
Age: 18yrs and up. A low impact program to promote cardiovascular fitness. Exercise to gospel music. Class Fee: \$25

#43611 Jan 3-31 T,Th 6:15-7:15pm

#43612 Feb 2-28 T,Th 6:15-7:15pm

#43613 Mar 2-30 T,Th 6:15-7:15pm

#43614 Apr 4-27 T,Th 6:15-7:15pm

Aerobics - S.H.A.P.E.

Location: Green Road Community Center
Age: 18yrs and up. S.H.A.P.E. (Simple, Healthy, Aerobic, Positive, Exercise) is designed as a low to medium impact aerobics class. This class combines music with easy dance steps, toning, stretching and relaxing. No prior aerobics or dance is needed. S.H.A.P.E. is an ongoing class. After your first free class, you can purchase a card good for 12 classes. Class Fee: \$42

#41980 Jan 9-Apr 26 M,W 7:00-8:00pm

Aikido

Location: Green Road Community Center
Age: 14yrs and up. The Martial Art that focuses on using minimum effort with maximum efficiency by using throws, joint holds, chokes and body movements to avoid attack. In addition, it concentrates on self defense strategy and technique as well as staying in good shape. Class Fee: \$35

#41959 Jan 3-26 T,Th 7:15-8:45pm

#41960 Feb 2-28 T,Th 7:15-8:45pm

#41961 Mar 7-30 T,Th 7:15-8:45pm

#41962 Apr 4-27 T,Th 7:15-8:45pm

Dance - Dancercise

Location: Lake Lynn Community Center
Age: 16yrs and up. A combination of music styles and easy dance steps to exercise heart and lungs and tone the rest of the body. Dances build up in pace and difficulty throughout the sessions. Patrice Sorrell, Instructor. Class Fee: \$40

#43440 Jan 4-Feb 1 M,W 5:45-7:00pm

#43441 Jan 10-Feb 2 T,Th 5:45-7:00pm

#43442 Feb 6-Mar 1 M,W 5:45-7:00pm

#43443 Feb 7-Mar 2 T,Th 5:45-7:00pm

#43444 Mar 6-29 M,W 5:45-7:00pm

#43445 Mar 7-30 T,Th 5:45-7:00pm

#43446 Apr 3-26 M,W 5:45-7:00pm

#43447 Apr 4-27 T,Th 5:45-7:00pm

Exercise - Kripalu Yoga Beginning

Location: Sertoma Arts Center
Age: 16yrs and up. Yoga is an ancient art that combines postures for the body, breath for relaxation, and meditation for the mind. Kripalu Yoga is a gentle yoga that encourages the student to discover their own degree of flexibility rather than push past their limits. Please wear comfortable clothing and bring a large towel or blanket. Susan Kilmon instructs. Class Fee: \$55

#41293 Jan 9-Mar 13 M 5:45-7:00pm
skips Jan 16 and Feb 13

#41294 Jan 9-Mar 13 M 7:30-8:45pm
skips Jan 16 and Feb 13

#41295 Jan 10-Mar 7 T 12:00-1:15pm
skips Feb 14

#41301 Apr 3-May 22 M 5:45-7:00pm

#41302 Apr 3-May 22 M 7:30-8:45pm

#41303 Apr 4-May 23 T 12:00-1:15pm

Exercise - Kripalu Yoga Continuing

Location: Sertoma Arts Center
Age: 16yrs and up. Yoga is an ancient art that combines postures for the body, breath for relaxation, and meditation for the mind. Kripalu Yoga is a gentle yoga that encourages the student to discover their own degree of flexibility rather than push past their limits. Please wear comfortable clothing and bring a large towel or blanket. Pre-requisite: Kripalu Yoga for Beginners. Susan Kilmon instructs. Class Fee: \$55

#41304 Jan 11-Mar 8 W 7:30-8:45pm
skips Feb 15

#41305 Jan 12-Mar 9 Th 12:00-1:15pm
skips Feb 16

#41306 Apr 5-May 24 W 7:30-8:45pm

#41307 Apr 6-Jun 1 Th 12:00-1:15pm
skips Apr 27

Exercise - Meditation

Location: Sertoma Arts Center

Age: 16yrs and up. Practice the art of inner listening and discover how insight and meditation can help you feel truly alive and connected with the treasure each moment brings. Bring a firm pillow and mat or blanket to each class. 4-week series. Susan Kilmon instructs. Class Fee: \$36

#41308 Jan 7-28 Sa 9:30-10:30am

Exercise - Partner Yoga

Location: Sertoma Arts Center

Age: 16yrs and up. Give the gift of Yoga! Enjoy this shared yoga class and experience its connection to happiness! We will explore compassionate, gentle postures that will be supported by your partner. No previous yoga experience is necessary. Wear comfortable clothing and bring a blanket or mat. 1 session. Class fee is per person. Susan Kilmon instructs. Class Fee: \$21

#41309 Feb 11 Sa 10:00am-12:00pm

Exercise - Tai Chi

Location: Sertoma Arts Center

Age: 16yrs and up. Tai Chi is an ancient Chinese internal or soft martial art exercise. It is a sequence of movements that is gentle yet with profound power. Tai Chi is based on the study of animal movements, human body, and the philosophy of Yin & Yang. It

focuses on breathing, balance and internal strength. Practicing Tai Chi has been known to reduce tension, high blood pressure and arthritis, promote relaxation, flexibility, and concentration. It may improve overall health by stimulating and balancing the flow of energy in the body. Dr. Xiaoqin Wu Turner instructs. Class Fee: \$40

#41310 Jan 12-Feb 2 Th 7:20-8:20pm

#41311 Feb 23-Mar 16 Th 7:20-8:20pm

#41312 Apr 6-27 Th 7:20-8:20pm

Exercise - Tai Chi Sword

Location: Sertoma Arts Center

Age: 16yrs and up. Tai Chi Sword is a form of gentle exercise based on Tai Chi movements and postures. In the barehanded form of Tai Chi, individuals learn how to control internal energy. In the sword form individuals learn how to extend intrinsic energy from their physical body to the tip of the sword. The two forms of practice balance each other. Practicing Tai Chi Sword can provide basic training in coordinated movements, relaxed physical body, balanced internal and external strength, concentrated mind, and proper breathing. The class will teach Yang style sword, 32 forms. Dr. Xiaoqin Wu Turner instructs. Class Fee: \$44

#41313 Jan 12-Feb 2 Th 8:30-9:30pm

#41314 Feb 23-Mar 16 Th 8:30-9:30pm

#41315 Apr 6-27 Th 8:30-9:30pm

Exercise - Weight Training

Location: Biltmore Hills Community Center

Age: 18yrs and up. Introduction to weight training and conditioning. Class Fee: \$10

#41649 Jan 2-30 M-F 7:00-8:00pm

#41650 Feb 1-28 M-F 7:00-8:00pm

#41651 Mar 1-Apr 4 M-F 7:00-8:00pm

#41652 Apr 3-May 5 M-F 7:00-8:00pm

Feet Meet Sneaks

Location: Roberts Park Community Center

Age: 40yrs and up. A walking program. An inexpensive exercise program that provides both therapeutic and social benefits. One foot in front of the other and you are on your way to a healthier life. Must register by February 10 for March program. Must register by March 10 for April program. Class Fee: \$0

#42758 Mar 9-30 Th 10:15-11:00am

#42759 Apr 6-27 Th 10:15-11:00am

Fitness - Personal Trainer

Location: Pullen Community Center

Age: 16yrs and up. Certified Personal Trainer, Advanced Personal Trainer and Senior Fitness Specialist, Ervin Mitchell, Sr. can help you design a workout that is right for you. Focus on increasing your flexibility, body toning, strength training, and cardiovascular fitness. One hour sessions are available by appointment only. Class Fee: \$25

T,Th 8:00-10:00am

Fitness 4 Her

Location: Roberts Park Community Center

Age: 18yrs and up. Welcome and please take advantage of our ladies night of physical fitness in our weight room. Come out and share weight training secrets and proper nutrition to maintain your health. Physical Trainer available to monitor your workout. Class Fee: \$25

#43565 Feb 7-28 T 6:30-8:30pm

#43568 Mar 7-28 T 6:30-8:30pm

#43569 Apr 4-25 T 6:30-8:30pm

Fitness Center at Chavis

Location: Chavis Community Center

Age: 18yrs and up. The Fitness Center offers a badger magnum multi-station machine, two electronic treadmills, techtrix climb max stepper, techtrix stationary bicycle, crunch station, dip/chin-up station, and dumbbells. Participants may use the facility during normal operation hours. Class Fee: \$20

#41892 Jan 1-31 Daily 1:00-6:00pm

#41893 Feb 1-28 Daily 10:00am-10:00pm

#41894 Mar 1-31 Daily 10:00am-10:00pm

#41895 Apr 1-30 Daily 9:00am-3:00pm

#41896 Jan 1-Feb 28 Daily 1:00-6:00pm

#41897 Feb 1-Mar 31 Daily 10:00am-10:00pm

#41898 Mar 1-Apr 30 Daily 10:00am-10:00pm

#41899 Apr 1-May 31 Daily 9:00am-3:00pm

Fitness Center at Laurel Hills

Location: Laurel Hills Community Center

Age: 18yrs and up. The Fitness Center offers a stack weight system, electronic stepper, recumbent bike, two electronic treadmills

Fitness Center at Laurel Hills continued next page —



and an elliptical trainer. Participants may use the facility during normal operating hours every day. Class Fee: \$15

#41963	Jan 3-31	Daily	9:00am-10:00pm
#41964	Feb 1-28	Daily	9:00am-10:00pm
#41965	Mar 1-31	Daily	9:00am-10:00pm
#41966	Apr 1-30	Daily	9:00am-3:00pm
Six Month Membership Special			
#41967	Jan 3-Jun 30	Daily	9:00am-10:00pm

ISO-CISE

Location: Method Road Community Center
Age: 18yrs and up. This isometrical fitness class will help participants learn proper breathing, flexibility using the mind and working muscle against muscle to develop strength while losing inches. Class Fee: \$0
#43519 Jan 3-Apr 20 T,Th 6:30-8:30pm

Low Impact Aerobics

Location: Chavis Community Center
Age: 16yrs and up. Do you want to get in shape, but need to start slow? We have the program for you! Phyllis Rollins, certified instructor teaches this low impact high energy class. Get off the couch & start getting in shape with us. Class Fee: \$15
#43579 Jan 5-26 Th 7:00-7:45pm
#43580 Feb 2-23 Th 7:00-7:45pm
#43581 Mar 2-23 Th 7:00-7:45pm
#43582 Apr 6-27 Th 7:00-7:45pm

Neuromuscular Integrative Action

Location: Lake Johnson
Age: All Ages. NIA (Neuromuscular Integrative Action) is a fitness program based on three arts: Martial Arts (Tai Chi, Aikido), Contemporary Dance (Jazz, Modern) and Healing Arts (Yoga, Meditation). It combines unique movement forms that deliver a safe, low impact, effective cardiovascular workout with total body conditioning. Each class is set to eclectic music and includes warm-up, cool down and fun! Please contact park office for times and dates. Class Fee: \$54

Tae Kwon Do

Location: Method Road Community Center
Age: 8yrs and up. Self-defense and self-discipline for beginning and advance students. Class Fee: \$5
#43520 Jan 5-26 Th 6:30-8:00pm
#43521 Feb 2-23 Th 6:30-8:30pm
#43522 Mar 2-30 Th 6:30-8:00pm
#43523 Apr 6-27 Th 6:30-8:00pm

Tae Kwon Do Adult

Location: Worthdale Community Center
Age: 13yrs and up. Learn the art of self-defense and discipline. Students will continue to refine their skills, learn different techniques and develop physical fitness. Class Fee: \$25
#42315 Jan 10-Feb 2 T,Th 7:30-9:00pm
#42316 Feb 2-28 T,Th 7:30-9:00pm
#42317 Mar 2-28 T,Th 7:30-9:00pm
#42318 Apr 4-27 T,Th 7:30-9:00pm

Tae Kwon Do at Roberts Park

Location: Roberts Park Community Center
Age: 6-50yrs. Techniques are taught in the art of self defense, discipline and the building of the body, mind and spirit. Class Fee: \$20
#43052 Jan 5-26 Th 7:00-8:30pm
#43053 Feb 2-23 Th 7:00-8:30pm
#43054 Mar 2-30 Th 7:00-8:30pm
#43055 Apr 6-27 Th 7:00-8:30pm

Tai Chi

Location: Lake Johnson
Age: 16yrs and up. An ancient Chinese health and martial art method. The focus of the class will be on relaxation, body alignment, body movement and chi (life energy) development. Roger Steward instructs. Class Fee: \$60
#42345 Jan 25-Mar 1 W 6:00-7:00pm
#42346 Mar 8-Apr 12 W 6:00-7:00pm

Tai Chi Exercise

Location: Laurel Hills Community Center
Age: 16yrs and up. Tai Chi is an ancient Chinese internal or soft martial art exercise. It is a sequence of movements that is gentle, yet with profound power. It is based on the study of animal movements, human body, and the philosophy of Yin & Yang. It focuses on breathing, balance and internal strength. Practicing Tai Chi can reduce tension, cure illness such as high blood pressure and arthritis, promote relaxation, flexibility and concentration. It improves overall health by stimulating and balancing the flow of energy in the body. The class will teach Yang and Chen style simplified Tai Chi which is characterized by flowing and harmonious movements. The class will teach Yang style sword 32 forms. Class Fee: \$50
#41761 Jan 4-25 W 6:30-7:30pm
#41762 Feb 1-22 W 6:30-7:30pm
#41763 Mar 1-22 W 6:30-7:30pm
#41764 Apr 5-26 W 6:30-7:30pm

Walking for A Good Reason

Location: Lions Park Community Center
Age: 18-99yrs. A program setup to promote a healthier lifestyle for the community with a constant walking program. Class Fee: \$0
#43220 Jan 2-23 M 10:00am-12:00pm
#43221 Feb 6-27 M 10:00am-12:00pm
#43222 Mar 6-27 M 10:00am-12:00pm
#43223 Apr 3-24 M 10:00am-12:00pm

Weight Room at Green Road

Location: Green Road Community Center
Age: 18yrs and up. Come get in shape or just stay in shape! Cardiovascular and weight equipment available during center operating hours. Class Fee: \$10
#42155 Jan 2-29 Daily 9:00am-10:00pm
#42156 Feb 1-28 Daily 9:00am-10:00pm
#42157 Mar 1-28 Daily 9:00am-10:00pm
#42158 Apr 1-May 5 Daily 9:00am-3:00pm

Weight Room at Jaycee

Location: Jaycee Community Center
Age: 18yrs and up. Free-weights, aerobic, cardiovascular equipment and weight stack equipment ready for you and your body. Monthly fee — no long-term contracts. Closed during City Holidays. Participants must fill out a separate Weight Room registration form. Class Fee: \$13
#42505 Jan 3-31 Daily 9:00am-10:00pm
#42506 Feb 1-28 Daily 9:00am-10:00pm
#42507 Mar 1-31 M-Sa 9:00am-10:00pm
#42508 Apr 1-29 M-Sa 9:00am-10:00pm

Weight Room at Millbrook

Location: Millbrook Exchange Community Ctr
Age: 18yrs and up. Free-weights, aerobic, cardiovascular equipment and nautilus equipment ready for you and your body. Closed on City Holidays. Participants must fill out a separate Weight Room registration on site. Class Fee: \$15
#40913 Jan 3-31 Daily 9:00am-10:00pm
#40914 Feb 1-28 Daily 9:00am-10:00pm
#40915 Mar 1-31 Daily 9:00am-10:00pm
#40916 Apr 1-30 Daily 9:00am-3:00pm



Weight Room at Tarboro Rd.

Location: Tarboro Road Community Center
Age: 16yrs and up. Universal equipment, treadmill, stationary bike, and tummy buster. We are open on Sunday between the months of Nov-Feb only. Come and check us out.
Class Fee: \$10
#43652 Jan 3-31 M-Sa 10:00am-9:30pm
#43653 Feb 1-28 M-Sa 10:00am-9:30pm
#43654 Mar 1-31 M-Sa 10:00am-9:30pm
#43655 Apr 1-29 M-Sa 9:00am-2:30pm

Weight Room Club

Location: Halifax Community Center
Age: 18yrs and up. Tone your body by doing exercise and using weights. Class Fee: \$10
#42411 Jan 9-Mar 29 M,W 6:30pm-8:00pm

Weight Training 101

Location: Lake Lynn Community Center
Age: 16yrs and up. An instructional weight training class for any fitness level, students will learn the basics of how to properly set up equipment and perform exercises that target the entire body. Students will also learn how to develop the right workout program for maximum results. Instructor has over 20 years of experience and is ready to share his knowledge with you to help you reach your fitness goals! Class Fee: \$40
#42700 Jan 9-30 M 7:30-8:30pm
#42701 Jan 7-28 Sa 11:00am-12:00pm
#42702 Feb 6-27 M 7:30-8:30pm
#42703 Mar 6-27 M 7:30-8:30pm
#42704 Feb 4-25 Sa 11:00am-12:00pm
#42705 Mar 4-25 Sa 11:00am-12:00pm
#42706 Apr 1-29 Sa 11:00am-12:00pm
#42707 Apr 3-24 M 7:30-8:30pm

Weight Training and Conditioning

Location: Roberts Park Community Center
Age: 16yrs and up. This program is designed to help you get into shape and tone those hidden muscles. Feel better, live longer and possibly look better. Join now.
Class Fee: \$10
#43087 Jan 3-31 M-Sa 10:00am-9:30pm
#43089 Feb 1-Mar 7 M-Sa 10:00am-9:30pm
#43090 Mar 1-31 M-Sa 10:00am-9:30pm
#43088 Apr 1-29 M-Sa 10:00am-2:30pm

Weight Training at Ralph Campbell (mini)

Location: Ralph Campbell Community Center
Age: 16yrs and up. Lift weights on a universal machine. Build up your body and muscles. There is no bike or treadmill in this small weight room. Yoga mat and ball can be used.
Class Fee: \$5
#43092 Jan 9-May 12 M-F 2:00-9:00pm

Weight/Exercise Room Membership

Location: Lions Park Community Center
Age: 18yrs and up. Come out and get your work out on. Stay fit and healthy by using a treadmill, recumbent bike, stair master, weights and a universal weight machine.
Class Fee: \$12
#41334 Jan 2-29 Daily 10:00am-10:00pm
#41335 Feb 1-28 Daily 10:00am-10:00pm
#41336 Mar 1-Apr 4 Daily 10:00am-10:00pm
#41337 Apr 3-30 Daily 10:00am-10:00pm

Work it out!

Location: Halifax Community Center
Age: 16yrs and up. A fun class designed to improve and maintain physical conditioning along with improving your cardio and endurance, by using low and medium impact aerobics. Class Fee: \$20
#42412 Jan 9-Feb 1 M,W 6:00-7:00pm
#42413 Feb 6-Mar 1 M,W 6:00-7:00pm
#42414 Mar 6-29 M,W 6:00-7:00pm

Workout Room at Lake Lynn

Location: Lake Lynn Community Center
Age: 18yrs and up. Be sure to join our ever popular fitness room at Lake Lynn. Enjoy the use of 2 universal units, steppers, 2 treadmills, free weights, dumb bells and 2 bicycles. You can register on a monthly basis.
Class Fee: \$15
#42708 Jan 3-31 Daily
#42709 Feb 1-28 Daily
#42710 Mar 1-31 Daily
#42711 Apr 1-30 Daily

Worthdale Fitness Center

Location: Worthdale Community Center
Age: 18yrs and up. The fitness center is provided for individuals who want to improve their cardiovascular system, muscle tone, and strength development. Class Fee: \$12
#43149 Jan 2-May 5 M-F 10:00am-10:00pm
#43150 Feb 1-Jun 6 M-F 10:00am-10:00pm
#43151 Mar 1-Jul 4 M-F 10:00am-10:00pm
#43152 Apr 3-Aug 4 M-F 10:00am-10:00pm

Yo-Wei

Location: Laurel Hills Community Center
Age: 18yrs and up. Newest trend.....Yoga with strength training! All fitness levels are welcome, but this class is especially for those new to yoga. Experience the mind/body connection through popular yoga moves, and increase your flexibility and balance in a soothing relaxed atmosphere. This is a beginner level class. Please bring exercise mat. Class Fee: \$50
#42847 Jan 23-Feb 13 M 6:00-7:00pm
#42848 Feb 20-Mar 13 M 6:00-7:00pm
#42849 Apr 3-24 M 6:00-7:00pm
#42850 Jan 23-Feb 13 M 10:00-11:00am
#42851 Feb 20-Mar 13 M 10:00-11:00am
#42852 Apr 3-24 M 10:00-11:00am

Yoga Fitness

Location: Pullen Community Center
Age: 18yrs and up. Treat your body to much needed stretches and release stress in a yoga class. A combination of meditations and stretches that help with flexibility, posture, and stress relief. Class Fee: \$40
#41033 Jan 4-Mar 8 W 5:00-6:00pm
#41034 Mar 22-May 24 W 5:00-6:00pm

Yoga Fitness Plus

Location: Pullen Community Center
Age: 18yrs and up. Core strengthening and stretching. Surge into sun salutations, poses and reflective meditation. Free flowing and fun. Previous knowledge of yoga fitness is required. Class Fee: \$40
#41040 Jan 6-Mar 10 F 5:00-6:00pm
#41394 Mar 24-Jun 2 F 5:00-6:00pm

Weight Training 101

Location: Lake Lynn Community Center
Age: 16yrs and up. An instructional weight training class for any fitness level, students will learn the basics of how to properly set up equipment and perform exercises that target the entire body. Students will also learn how to develop the right workout program for maximum results. Instructor has over 20 years of experience and is ready to share his knowledge with you to help you reach your fitness goals! Class Fee: \$40
#42700 Jan 9-30 M 7:30-8:30pm
#42701 Jan 7-28 Sa 11:00am-12:00pm
#42702 Feb 6-27 M 7:30-8:30pm
#42703 Mar 6-27 M 7:30-8:30pm
#42704 Feb 4-25 Sa 11:00am-12:00pm
#42705 Mar 4-25 Sa 11:00am-12:00pm
#42706 Apr 1-29 Sa 11:00am-12:00pm
#42707 Apr 3-24 M 7:30-8:30pm

Seniors

Exercise - Carriage House

Location: Non-City Owned Site
Age: 55yrs and up. This program is offered at the Carriage House which is located at 116 St. Mary's Street. This is a low impact exercise class aimed at strengthening muscles and improving movement for a healthier lifestyle. For more information on this program, please call 831-6851. Class Fee: \$0
#42174 Jan 4-Apr 28 M,W 10:30-11:30am

Exercise - Chavis

Location: Chavis Community Center
Age: All Ages. This is a low impact exercise class aimed at strengthening muscles and improving movement for a healthier lifestyle. For more information on this program, please call 831-6851. Class Fee: \$10
#42242 Jan 3-31 T,Th 6:00-7:00pm
#42248 Feb 2-28 T,Th 6:00-7:00pm
#42250 Mar 2-30 T,Th 6:00-7:00pm
#42252 Apr 4-27 T,Th 6:00-7:00pm

Exercise - Jaycee Park Module

Location: Wade Ave. Administrative Office Bldg.
Age: 55yrs. and up. This is a low impact exercise class aimed at strengthening muscles and improving movement for a healthier lifestyle. For more information on this program, please call 831-6851. Class Fee: \$10
#42243 Jan 4-30 M,W 9:30-10:30am
#42244 Feb 1-27 M,W 9:30-10:30am
#42245 Mar 1-29 M,W 9:30-10:30am
#42247 Apr 3-26 M,W 9:30-10:30am

Exercise - Kripalu Yoga for Seniors

Location: Sertoma Arts Center
Age: 55yrs and up. This yoga class is designed for seniors and others with varying degrees of mobility. Individuals will learn gentle stretching with breathing techniques. Yoga could help relax tense muscles, loosen stiffness in joints, strengthen weak muscles, improve digestion, stimulate circulation, reduce high blood pressure and anxiety. Wear comfortable clothing and bring a blan-

Kripalu Yoga for Seniors continued next page —

Kripalu Yoga for Seniors continued —

ket or mat to each class. Susan Kilmon

instructs. Class Fee: \$45

#41299 Jan 10-Mar 7 T 2:00-3:00pm
skips February 14

#41300 Apr 4-May 23 T 2:00-3:00pm

Exercise - Lake Lynn

Location: Lake Lynn Community Center

Age: 55yrs and up. This is a low impact exercise class aimed at strengthening muscles and improving movement for a healthier lifestyle. For more information on this program, please call 831-6851. Class Fee: \$10

#42265 Jan 3-31 T,Th 9:00-10:00am

#42263 Feb 2-28 T,Th 9:00-10:00am

#42262 Mar 2-30 T,Th 9:00-10:00am

#42264 Apr 4-27 T,Th 9:00-10:00am

Exercise - Parkview Manor

Location: Non-City Owned Site

Age: 18yrs and up. This program is offered at Parkview Manor Apt., which is located at 911 North Blount Street. This is a low impact exercise class aimed at strengthening muscles and improving movement for a healthier lifestyle. For more information on this program, please call 831-6851. Class Fee: \$0

#42175 Jan 5-Apr 27 M,Th 11:15am-12:15pm

Exercise - Tai Chi Seniors - Beginning

Location: Sertoma Arts Center

Age: 55yrs and up. An ancient Chinese health and martial art method. The focus of the class will be on relaxation, body alignment, body movement and chi (life energy) development, designed especially for seniors. Roger Steward instructs. Class Fee: \$36

#42275 Jan 25-Mar 15 W 2:15-3:15pm

Exercise - Tai Chi Seniors - Continuing

Location: Sertoma Arts Center

Age: 55yrs and up. A continuing level course for those who have completed beginning Tai Chi. Roger Steward instructs. Class Fee: \$36

#42281 Jan 25-Mar 15 W 3:30-4:30pm

Fitness - Seniors In Motion

Location: Laurel Hills Community Center

Age: 55yrs and up. This class includes stretching and flexibility movements, as well as low impact cardio exercise, strength training with light weights and other toning elements. Class Fee: \$15

#41804 Jan 4-30 M,W,F 10:00-11:00am

#41805 Feb 1-27 M,W,F 10:00-11:00am

#41806 Mar 1-31 M,W,F 10:00-11:00am

#41807 Apr 3-28 M,W,F 10:00-11:00am

Golden Seniors

Location: Roberts Park Community Center

Age: 50yrs and up. An exercise program designed to help seniors improve and maintain physical condition. An excellent way to lower blood pressure, control glucose levels, improve cardiovascular system, have more energy and feel better. Class Fee: \$5

#43030 Mar 1-Apr 5 W 11:00-11:45am

Senior Fitness

Location: Millbrook Exchange Community Ctr

Age: 55yrs and up. Low impact exercises for seniors. Strengthen your muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility, and strength through stretching, light weights, and aerobic activity. Space is limited. Class Fee: \$10

#40832 Jan 10-Feb 2 T,Th 9:30-10:30am

#40833 Feb 7-Mar 2 T,Th 9:30-10:30am

#40834 Mar 7-30 T,Th 9:30-10:30am

#40835 Apr 4-27 T,Th 9:30-10:30am

Senior Weight Room Training

Location: Roberts Park Community Center

Age: 55-75yrs. This program is designed to help persons 55 and older get into shape and tone hidden muscles. An excellent way to feel better and meet new friends. Class Fee: \$10

#42760 Jan 3-31 T,F 10:30-11:30am

#43023 Feb 3-Mar 3 T,F 10:00-11:30am

#43025 Mar 3-31 T,F 10:00-11:30am

#43026 Apr 4-28 T,F 10:30-11:30am

Seniorcize

Location: Pullen Community Center

Age: 55yrs and up. Low impact exercises for seniors. Strengthen your muscles and improve your movement for a healthier lifestyle. Class Fee: \$10

#41024 Jan 3-31 T,Th 2:00-2:45pm

#41025 Feb 2-28 T,Th 2:00-2:45pm

#41026 Mar 2-30 T,Th 2:00-2:45pm

#41027 Apr 4-27 T,Th 2:00-2:45pm

Weekly Walkers

Location: Non-City Owned Site

Age: 55yrs and up. Walks are at various greenways and trails throughout the Raleigh area. Walks are at a moderate pace and are usually 2-3 miles in length. Members also have the option of meeting for coffee after walks. Call 831-6851 for schedules and more information. Class Fee: \$0

#42180 Jan 4-Apr 26 W 9:00-11:00am

Family**Bushido Adults**

Location: Chavis Community Center

Age: 16-99yrs. Walk with Confidence! Prepare yourself mentally, physical, and technically learning combat Jiu-Jitsu.

Techniques include joint locks, grappling, arm bars, armed & unarmed techniques, police tactics, takedowns, and throws.

Class Fee: \$50

#43675 Jan 3-31 T,Th 7:30-9:00pm

#43676 Feb 2-28 T,Th 7:30-9:00pm

#43677 Mar 2-30 T,Th 7:30-9:00pm

#43678 Apr 4-27 T,Th 7:30-9:00pm

Bushido Youth

Location: Chavis Community Center

Age: 3-16yrs. Walk with Confidence! Prepare yourself mentally, physical, & technically

learning combat Jiu-Jitsu. Techniques include joint locks, grappling, arm bars, armed & unarmed techniques, police tactics, takedowns, and throws. Class Fee: \$40

#43679 Jan 3-31 T,Th 6:00-7:00pm

#43680 Feb 2-28 T,Th 6:00-7:00pm

#43681 Mar 2-30 T,Th 6:00-7:00pm

#43682 Apr 4-27 T,Th 6:00-7:00pm

Continuing Tai Chi

Location: Lake Johnson

Age: 12yrs and up. An ancient Chinese health and martial art method. Further development on relaxation, body alignment, body movement and chi (life energy) development. Roger Steward instructs. Must have taken beginning Tai Chi prior to this class. Class Fee: \$60

#42347 Jan 25-Mar 1 W 7:00-8:00pm

#42348 Mar 4-Apr 12 W 7:00-8:00pm

Exercise - Arthritis Foundation Exercise

Location: Pullen Community Center

Age: All Ages. The Arthritis Foundation Exercise Program (formerly known as PACE)

is a group recreational exercise program designed specifically for people with arthritis. Using 72 gentle activities performed sitting, standing, or on the floor, PACE helps increase joint flexibility, range of motion, and maintain muscle strength under the guidance of trained personnel. PACE can help reduce pain, stiffness and improve your functional ability and attitude! Class Fee: \$30

#42583 Jan 5-31 T,Th 12:00-1:00pm

#42585 Feb 2-28 T,Th 12:00-1:00pm

#42586 Mar 2-28 T,Th 12:00-1:00pm

#42588 Apr 4-27 T,Th 12:00-1:00pm

Fitness Room

Location: Pullen Community Center

Age: 16yrs and up. Get into shape in our fitness center. Equipment available includes Paramount machine, treadmills, bikes, and stair climbers. Fitness room is open during normal operating hours. Ages 16-17 must be accompanied by an adult fitness room member. Class Fee: \$0

#41013 Jan 2-31 M-Sa 7:30am-9:30pm

#41014 Feb 1-28 M-Sa 7:30am-9:30pm

#41015 Mar 1-31 M-Sa 7:30am-9:30pm

#41016 Apr 1-29 M-Sa 9:00am-3:00pm

Karate

Location: Pullen Community Center

Age: 5yrs and up. Okinawan Shorin-Ryu Karate is a great way to learn self defense, discipline, and respect as well as gain confidence and stay fit. Class Fee: \$44

#41018 Jan 3-31 T,Th 6:00-7:15pm

#41019 Feb 2-28 T,Th 6:00-7:15pm

#41020 Mar 2-30 T,Th 6:00-7:15pm

#41021 Apr 4-27 T,Th 6:00-7:15pm

Karate at Brentwood

Location: Brentwood Park

Age: 6yrs and up. This program will improve your public speaking, leadership, balance, coordination, flexibility, and self-defense

through the art of Okinawan Shorin-Ruy Karate-DO Okinawan and Kata. Class Fee: \$44

#41769	Jan 3-26	T,Th	5:30-6:30pm
#41770	Feb 2-28	T,Th	5:30-6:30pm
#41771	Mar 2-Apr 4	T,Th	5:30-6:30pm
#41772	Apr 4-27	T,Th	5:30-6:30pm

Karate-DO

Location: Chavis Community Center
Age: 1yrs and up. Teaching not just karate, but it's application to life including self defense, confidence, self esteem, discipline, respect, and self control. Classes taught by Sensi Eric Blaize. Class Fee: \$35

#41905	Jan 2-30	MW,Sa	6:00-8:30pm
#41906	Feb 1-27	MW,Sa	6:00-8:30pm
#41907	Mar 1-29	MW,Sa	6:00-8:30pm
#41908	Apr 3-May 6	MW,Sa	6:00-8:30pm
#42792	Jan 2-30	MW,Sa	6:00-8:30pm
#42793	Feb 1-27	MW,Sa	6:00-8:30pm
#42794	Mar 1-29	MW,Sa	6:00-8:30pm
#42795	Apr 1-29	MW,Sa	9:30am-12:00pm

Karate - Okinawan Shorin-Ruy

Location: Lake Lynn Community Center
Age: 7yrs and up. This program will help improve your public speaking, leadership, balance, coordination, flexibility, and self-defense through the art of Okinawan Shorin-Ruy Karate-DO Okinawan and Kata. Class Fee: \$44

#42693	Jan 4-Feb 1	M,W	5:30-6:30pm
			no class Jan 16
#42694	Feb 6-Mar 1	M,W	5:30-6:30pm
#42695	Mar 6-29	M,W	5:30-6:30pm
#42696	Apr 3-26	M,W	5:30-6:30pm

Martial Arts - Shotokan Karate

Location: Optimist Community Center
Age: 7yrs and up. Are you looking for a martial arts program that stresses discipline of both mind and body? Would you like to learn self defense techniques to protect yourself and your family? Let Sensai Adams teach you Shotokan Karate. Great for youth and adults or as a family activity. Class Fee: \$25

#41987	Jan 11-Mar 1	W	6:30-8:00pm
#41988	Mar 8-Apr 26	W	6:30-8:00pm

Senior Walking Friends

Location: Biltmore Hills Community Center
Age: 55yrs and up. Come on out and bring a friend to the trail. Enjoy the community atmosphere while walking on the trail at Biltmore Hills. Class Fee: \$0

#41669	Jan 3-Feb 3	Daily	10:00am-8:00pm
#41670	Feb 1-28	Daily	10:00am-8:00pm
#41671	Mar 1-Apr 4	Daily	10:00am-8:00pm
#41672	Apr 1-May 5	Daily	10:00am-8:00pm

Tae Kwon Do - Beginners

Location: Biltmore Hills Community Center
Age: 5yrs and up. Marital arts course where the art of self defense is taught through practice drills, class room instruction and tournaments. Class Fee: \$35

#41657	Jan 4-30	M,W	6:00-7:30pm
#41658	Feb 1-27	M,W	6:00-7:30pm
#41659	Mar 1-29	M,W	6:00-7:30pm
#41660	Apr 3-May 3	M,W	6:00-7:30pm

Tae Kwon Do - Martial Art

Location: Lions Park Community Center
Age: 7-50yrs. Martial arts class for youth and adults develops discipline in youth, fitness in adults while developing fine martial art skills. Class Fee: \$25

#41328	Jan 3-26	T,Th	6:30-8:00pm
#41329	Feb 2-28	T,Th	6:30-8:00pm
#41330	Mar 2-28	T,Th	6:30-8:00pm
#41331	Apr 4-27	T,Th	6:30-8:00pm

Yoga with TJ Martin

Location: Lake Johnson
Age: 16yrs and up. Yoga can help you release tension, stretch, strengthen, and energize your body along with lifting your spirits! TJ has taught yoga to adults and children of a variety of ages, shapes, sizes, and fitness levels. Her aim is to help everyone understand that the body they have right now is the one that's just right for doing yoga. TJ is a certified teacher at the 500-hour level and a member of the International Association of Yoga Therapists. Class Fee: \$60

Jan 3-Feb 7	T	9:30-11:00am
Feb 21-Mar 28	T	9:30-11:00am
Apr 11-May 16	T	9:30-11:00am
Jan 3-Feb 7	T	6:00-7:30pm
Feb 21-Mar 28	T	6:00-7:30pm
Apr 11-May 16	T	6:00-7:30pm

Nature

Preschool

Animal Farm 1

Location: Green Road Community Center
Age: 3-5yrs. Why are the animals that live on a farm important to us? Learn about a different animal in each class. Discover what the farmer does that is so important to us each day. All students must be potty trained. Class Fee: \$28

#41981	Feb 9-Mar 2	Th	10:15-11:00am
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Animal Farm 2

Location: Green Road Community Center
Age: 3-5yrs. Discover even more about the farm. We will learn about more animals on the farm. Are they working animals, or are they used for food or other products that we depend on each day? Join us as we make these discoveries. Students are NOT required to take Animal Farm 1 to register for Animal Farm 2. All students must be potty trained. Class Fee: \$28

#41982	Apr 6-27	Th	10:15-11:00am
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Animals In Winter

Location: Millbrook Exchange Community Ctr
Age: 3-5yrs. Join a Nature Instructor to learn about how animals survive the winter. We will walk through the wooded trails in search of animals and the signs they leave behind. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3

#43219	Jan 21	Sa	1:00-2:00pm
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Born to Be Wild 1

Location: Green Road Community Center
Age: 3-5yrs. Do you want to learn about tigers, lions, and elephants? Join us as we discover how these animals live in the wild. Are they endangered? We will learn about a different animal each week. Participants must be potty trained. Class Fee: \$28

#41983	Jan 12-Feb 2	Th	10:15-11:00am
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Born to Be Wild 2

Location: Green Road Community Center
Age: 3-5yrs. Join us as we learn more about the animals that live in our world. Each week we will focus on a different part of the world and the animals that live there. Participants are NOT required to take Born to Be Wild 1 to register for Born to Be Wild 2. Participants must be potty trained. Class Fee: \$28

#41984	Mar 9-30	Th	10:15-11:00am
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Butterflies and Ladybugs

Location: Green Road Community Center
Age: 3-5yrs. Butterflies and ladybugs are just two of the neat insects that we will learn about in this class! We will discover how our insect friends can not only be cute, but are good for the environment. Craft related projects in each class. Participants must be potty trained. Class Fee: \$28

#41986	Apr 5-26	W	1:00-1:45pm
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Durant Scavenger Hunt

Location: Durant Nature Park
Age: 3-5yrs. Bring your preschooler out to Durant Nature Park and join us as we go on a scavenger hunt. We will be on the lookout for many different plants and animals during our hike. Children must be accompanied by an adult. Class Fee: \$5

#41684	Jan 14	Sa	2:00-3:00pm
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Frogs and Friends

Location: Green Road Community Center
Age: 3-5yrs. Come explore the world of the pond community where frogs live. Find out the answers to such questions as, 'What is a tadpole?', and 'Do frogs really give you warts?' We learn about a different creature in the pond community each week. Participants must be potty trained. Class Fee: \$28

#41979	Feb 1-22	W	1:00-1:45pm
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Frogs and Toads

Location: Durant Nature Park
Age: 3-5yrs. Come out and search Durant Nature Park for Spring Peepers, Bullfrogs and other local frogs and toads. We will look and listen our way around the lakes and streams as we try to see these wonderful amphibians. Children must be accompanied by an adult. Class Fee: \$5

#41686	Mar 11	Sa	2:00-3:00pm
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Hide and Seek Animals

Location: Pullen Community Center
Age: 3-5yrs. Discover why animals hide, where to find them, and enjoy the excitement

Hide and Seek Animals continued next page —

Hide and Seek Animals continued —

of seeing your favorite park as a habitat for wildlife. We will also learn about camouflage, animal homes, and other ways animals hide. This program is for youngsters and adults to enjoy together. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3

#43468 Apr 20 Th 11:00am-12:00pm

Hop, Skip, and Jump

Location: Pullen Community Center

Age: 3-5yrs. Animals move in many different ways. With a nature guide, children will get to practice moving like animals, watch different critters as they move, and learn more about a few of their favorite creatures. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3

#43470 Mar 2 Th 11:00am-12:00pm

Little Nature Hikers

Location: Green Road Community Center

Age: 1-5yrs. Spend time with a nature instructor before Tot Time exploring the park. Your youngster will discover ants, snails, lizards, flowers, and birds. For more information, contact Nature programs at 919-831-6856. Class Fee: \$1

#43419 Feb 9 Th 9:30-10:00am

#43421 Mar 9 Th 9:30-10:00am

#43422 Apr 6 Th 9:30-10:00am

Spiders - Eight-legged Extraordinaires

Location: Millbrook Exchange Community Ctr

Age: 3-5yrs. Come out to your park to discover the secret life of spiders. We will learn about the different spiders that call North Carolina home, then hike to find some that live around here. Children should be accompanied by an adult, fee applies per child. For more information, contact Nature programs at 919-831-6640. Class Fee: \$3

#43414 Mar 4 Sa 1:00-2:00pm

Tiny Explorers Lunch Bunch

Location: Jaycee Community Center

Age: 3-6yrs. Bring a lunch and picnic with us! Following lunch we will explore weather, plants, animals, and more! Our tiny explorers will have lots of fun while learning about the wonderful world around us via projects and hands on experiments. Class Fee: \$32

#42469 Feb 3-24 F 12:30-2:00pm

#42470 Mar 3-24 F 12:30-2:00pm

Turtles of Durant

Location: Durant Nature Park

Age: 3-5yrs. Join a nature instructor and explore the lakes of Durant Nature Park for many different types of turtles. We will hike around the lakes in search of sliders, snapping, painted and box turtles as well as many more of these amazing reptiles. Each child will be given coloring pages and other activities to take home. Children must be accompanied by an adult. Class Fee: \$5

#41687 Apr 8 Sa 2:00-3:00pm

Valentines From Nature

Location: Durant Nature Park

Age: 3-5yrs. Join a nature instructor and search Durant Nature Park for different natural items that can be used to make valentines. We will go on a hike to collect items and then bring them back to make beautiful valentines. Children must be accompanied by an adult. Class Fee: \$5

#41685 Feb 11 Sa 2:00-3:00pm

Wee Walkers

Location: Durant Nature Park

Age: 1yrs and up. Would you and your toddler like some company for your walks? Join others on an easy paced hike around the park or along the Durant Greenway trail. This is a great opportunity for adults and little ones to meet each other and explore nature. You may want to bring a snack and a drink for your child to enjoy during the hike. Class Fee: \$0

#41688 Jan 5 Th 10:00-11:00am

#41689 Jan 12 Th 10:00-11:00am

#41690 Jan 19 Th 10:00-11:00am

#41691 Jan 26 Th 10:00-11:00am

#41692 Feb 2 Th 10:00-11:00am

#41693 Feb 9 Th 10:00-11:00am

#41694 Feb 16 Th 10:00-11:00am

#41695 Feb 23 Th 10:00-11:00am

#41696 Mar 2 Th 10:00-11:00am

#41697 Mar 9 Th 10:00-11:00am

#41698 Mar 16 Th 10:00-11:00am

#41699 Mar 23 Th 10:00-11:00am

#41700 Mar 30 Th 10:00-11:00am

#41701 Apr 6 Th 10:00-11:00am

#41702 Apr 13 Th 10:00-11:00am

#41703 Apr 20 Th 10:00-11:00am

#41704 Apr 27 Th 10:00-11:00am

Youth**Animal Show and Tell**

Location: Lake Johnson

Age: 3-12yrs. Meet some of the Nature Program animals up close. Possible visitors include snakes, lizards, and insects. Learn about these animals and the wild critters that live in the park. Children should be accompanied by an adult. Fee applies to each child. For more information contact Nature Programs 831-6856. Class Fee: \$3

#43217 Jan 28 Sa 1:00-2:00pm

#43218 Feb 11 Sa 1:00-2:00pm

Beavers

Location: Lake Wheeler

Age: 5-12yrs. Come out and discover the lives of beavers. We will discuss the unique adaptations of these animals and go on a hike to look for their homes as well as evidence such as dams, felled trees and lodges. For more information, contact Nature programs at 919-831-6640. Class Fee: \$3

#43423 Feb 25 Sa 11:00am-12:00pm

Bird Treats

Location: Durant Nature Park

Age: 6-12yrs. Have you ever wondered what birds eat and why? Join a nature instructor at Durant Nature Park and discover what

birds like to eat, where they live and other fascinating facts about these feathered animals. We will then make an edible bird treat for you to take home. Children must be accompanied by an adult. Class Fee: \$5

#41707 Feb 25 Sa 1:30-3:00pm

Birds all a Twitter

Location: Durant Nature Park

Age: 6-12yrs. It's spring and the birds are singing! The newly renovated Durant Bird Garden is the perfect location for an introduction to birds. Youth can learn some tricks for identifying birds, learn a few bird calls, make and color a field guide and check out different feeders and nests. Meets at the Durant Nature Park Training Lodge at the North Entrance. Class Fee: \$8

#42369 Apr 22 Sa 9:30-11:30am

Critter Club

Location: Optimist Community Center

Age: 6-12yrs. Discover the life of critters at Optimist Park. This program is great for kids who like to catch insects, get their hands muddy, and love living creatures. For more information, contact Nature programs at 919-831-6856. Class Fee: \$36

#43192 Mar 7-28 T 6:15-7:15pm

Dig into Rocks

Location: Green Road Community Center

Age: 8-12yrs. Children will discover different minerals. Break your own geodes and inside, find beautiful crystals. Learn some really neat stuff about rocks! Meets Cub Scout standards. Class Fee: \$12

#42278 Mar 4 Sa 10:00am-12:00pm

Happening Herps

Location: Durant Nature Park

Age: 6-12yrs. Join a nature instructor and discover the happening herps in Durant Nature Park. First, you will get to meet some live reptiles and amphibians and then you will go on a hike to explore the snakes, lizards, turtles, frogs and salamanders of the park up close. Children must be accompanied by an adult. Class Fee: \$5

#41709 Apr 29 Sa 2:00-3:00pm

Outdoor Adventures

Location: Roberts Park Community Center

Age: 7-13yrs. Youngsters are taught to survive without life's conveniences. Learn to use and explore the elements of nature. Go fishing, camping, hiking, gardening, etc. Class Fee: \$0

#43040 Mar 2-30 Th 5:30-6:30pm

#43041 Apr 10-May 1 M 6:00-7:00pm

Saturday Safari

Location: Peach Road

Age: 5-12yrs. Children will explore the park during our safari to discover nature's fascinating plants and animals. Games, stories and hikes will introduce your young explorer to nature. For more information, contact Nature programs at 919-831-6856. Los niños explorarán el parque durante nuestro safari para descubrir la fascinante naturaleza

de las plantas y animales. Juegos, cuentos y excursiones servirán de una manera para introducir la naturaleza a su pequeño explorador. Para más información, contacte el Programa de Naturaleza a (919) 831-6856. Class Fee: \$1

#43415	Jan 21	Sa	10:30-11:30am
#43416	Feb 11	Sa	10:30-11:30am
#43417	Mar 4	Sa	10:30-11:30am

Spice Up Your Life

Location: Optimist Community Center

Age: 8-12yrs. Spice up your life by experiencing the wonders of Herb Gardens.

Participants will add spice by creating their own herb gardens and learning of the many applications of various herbs. All materials needed will be provided. Class Fee: \$40

#43201	Feb 4-25	Sa	1:45-2:45pm
#43202	Mar 4-25	Sa	1:45-2:45pm

Spiders and Webs

Location: Durant Nature Park

Age: 6-12yrs. Come out to Durant Nature Park and become a spider hunter. We will search out spider webs, learn to identify venomous spiders and learn how these amazing arachnids survive. We will hike the trails looking for spider webs and learn how to preserve them. Children must be accompanied by an adult. Class Fee: \$5

#41708	Mar 25	Sa	2:00-3:00pm
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Tree Face Art

Location: Durant Nature Park

Age: 6-12yrs. We all have imagined trees with faces. In this program we will create a face that your favorite back yard tree can wear! Learn a few trees at Durant by name and find out why they are friends to us all! Meets at the Durant Nature Park Training Lodge at the North Entrance. Class Fee: \$10

#42364	Apr 1	Sa	9:30am-11:30am
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Winter Animals

Location: Durant Nature Park

Age: 6-12yrs. Come out to Durant Nature Park to discover how animals survive the winter. We will hike the trails in search of animals and the clues they leave behind. We will also learn how to identify animals by their tracks. Children must be accompanied by an adult. Class Fee: \$5

#41714	Jan 28	Sa	2:00-3:00pm
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Adult

Harbingers of Spring Walk

Location: Durant Nature Park

Age: 16yrs and up. Behold the Draba and the Falcate Orangetip. Don't miss these and other tell-tail signs from Mother Nature! Expect to ramble no further than a mile on this Adult oriented walk. Meets at the Durant Nature Park office at the North Entrance.

Class Fee: \$5

#42365	Mar 25	Sa	9:30am-11:30pm
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Spring Has Sprung Wild Flower Walk

Location: Durant Nature Park

Age: 16yrs and up. Let's go rambling and see what's up and blooming in the Park! Bloodroots, Spring Beauties. Who knows? Bring a lunch and we will provide a beverage for a toast to spring! This adult oriented walk meets at the Durant Nature Park Office at the North Entrance. Class Fee: \$5

#42368	Apr 22	Sa	11:00am-1:00pm
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Family

Awesome Amphibian

Location: Lake Johnson

Age: 5yrs and up. Explore the park, learn about amphibians, and discover the changes young amphibians experience to get ready to live on dry land. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3

#43425	Mar 18	Sa	1:00-2:00pm
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Beginning Birding & Birds of the Meadows

Location: Anderson Point

Age: 6yrs and up. Bluebirds are common residents of the park's wildlife meadow. Learn to locate and identify the two birds that are commonly found in the park, the blue bird and the purple martin. Binoculars are useful but not necessary. Sponsored by Wake Audubon. Class Fee: \$0

#41683	Mar 18	Sa	9:00am-12:00pm
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Bird Walks at Anderson Point

Location: Anderson Point

Age: All Ages. Wake Audubon Society leads a Bird Walk at the park that is open to the public each Saturday morning at 8:30am. They meet at the outer parking area. Class Fee: \$0

#42112	Jan 14	Sa	8:30-10:30am
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#42113	Apr 8	Sa	8:30-10:30am
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Birds at Brookhaven

Location: Brookhaven Nature Park

Age: 5yrs and up. Find feathered friends with the help of a naturalist. Learn to identify the birds you encounter by using your sight and hearing. Parents may participate, but are not required to be present. Meet at main park entrance off Berkley Dr. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3

#43224	Jan 28	Sa	10:00-11:00am
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Birds of Prey Class & Demonstration

Location: Lake Wheeler

Age: 1-99yrs. Conducted by the American Wildlife Refuge, this educational lecture and demonstration will introduce patrons to a wide variety of raptors. Over a dozen live birds of prey will be on hand-featuring Beanca the Eagle along with various Falcons, Hawks, and Owls. This event will allow onlookers to experience a new found respect for these magnificent creatures. Sign up now because seating is limited to 100 people. This class will be held in the indoor

conference room by the Waterfront Program Center—and this program will be held regardless of weather. Class Fee: \$2

#42448	Mar 4	Sa	10:00am-12:00pm
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Blooming Artist

Location: Durant Nature Park

Age: All Ages. Join us as we discover the wonderful world of wildflowers at Durant. Experience the story behind the petals before capturing one on canvas. Budding artists will go home with a work of art and perhaps a new appreciation of botany. Meets at the Durant Nature Park Training Lodge at the North Entrance. Class Fee: \$8

#42370	Apr 29	Sa	1:30-3:30pm
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Evening Chorus

Location: Durant Nature Park

Age: 1yrs and up. Trek through the spring night in the Durant wood and listen for the calls of the Piedmont wild. Listen for and learn the call of the barred owl, check out an owl pellet and find out about the adaptations that prepare owls for living at night. Peepers and other frogs are expected to join in the evening serenade. Meets at the Durant Nature Park office at the North Entrance. Class Fee: \$2

#42371	Apr 8	Sa	6:30-7:30pm
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Family Nature Hike

Location: Chavis Community Center

Age: All Ages. Join a nature instructor on a gentle hike through the park in search of wildflowers, song birds, animal signs, and interesting insects. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3

#43473	Apr 22	Sa	10:00-11:00am
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Feathered Frolic

Location: Durant Nature Park

Age: 1yrs and up. Come out to Durant Nature Park's Training Lodge for a chance to see 'Birdman Dave.' The whole family is invited to listen to stories, jokes and music while watching natural bird behaviors and tricks. You will experience birds flying over your head and you will have the opportunity to hold a live bird. This program will feature parrots, macaws, parakeets and 'Christopher Columbus,' the Barred Owl. Fee applies to each person. Class Fee: \$5

#41715	Mar 18	Sa	1:00-2:00pm
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Planning for Purple Martins

Location: Anderson Point

Age: 6yrs and up. Learn how to attract purple martins, to care for and maintain a colony, and what to look for in a house. For more information contact Melody Scott with Wake Audubon Society at 881-2911. Class Fee: \$0

#41682	Feb 18	Sa	9:00am-12:00pm
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Reptile Adventure

Location: Lake Johnson

Age: 5yrs and up. Explore the park, learn about reptiles, and learn which of these

Reptile Adventure continued next page —

Reptile Adventure continued —

amazing and sometimes frightening critters could be living in your neighborhood. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3

#43424	Feb 25	Sa	1:00-2:00pm
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Service to the Park

Location: Durant Nature Park
Age: 8yrs and up. 'One thing I know: the only ones among you who will be really happy are those who have sought and found how to serve.' Albert Schweitzer. Join the Durant staff for a meaningful service project such as adding blazes to trails, mulching the butterfly garden, maintaining trails, or splashing fresh coat of paint where needed. We thank you for your service to the park past and future! Meet at the Durant Nature Park office. Class Fee: \$0

#42366	Mar 11	Sa	10:00am-2:00pm
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Traditional Fiddle and Hammered Dulcimer

Location: Durant Nature Park
Age: 1yrs and up. One of the simplest and best things in life is music around a camp fire. Bring a folding chair or blanket for the grass. All programs will move inside the Training Lodge if weather is a concern. All ages welcome (under 10 years Free). Register in advance or at the door. We invite you to hear Durant's house band. Mara Shea of the Elftones on the fiddle and award winning Rick Davis on the Hammered Dulcimer on the guitar will play a selection of traditional tunes from Old-Time and Irish and Scottish traditions. Class Fee: \$5

#42367	Apr 1	Sa	7:30-8:30pm
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Wildflower Walk at Eastgate

Location: Eastgate Park
Age: All Ages. Search Eastgate Park for Dogwood blossoms, Bluets, Mayapples, Wild Impatiens, and many other of our delicate spring wildflowers. Adult must accompany child. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3

#43472	Apr 22	Sa	1:00-2:00am
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Social**Preschool****Cooking - Sweetie for Sweetie**

Location: Laurel Hills Community Center
Age: 3-5yrs. Make a special treat to eat for Valentine's Day. Enjoy preparing a sweet treat that you can enjoy or give as a gift. Class Fee: \$8

#41636	Feb 13	M	4:15-5:00pm
#41637	Feb 13	M	5:00-5:45pm

Fairytales and Fables

Location: Green Road Community Center
Age: 4-5yrs. Join us and discover many of life's valuable lessons from fairytales and fables, such as to never give up in the story of the crow and the pitcher. We will use puppets and crafts to make these stories come alive. Class Fee: \$28

#41978	Feb 1-22	W	2:00-2:45pm
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Heart Arts

Location: Carolina Pines Community Center
Age: 4-6 yrs. I Heart U! Come out to Carolina Pines to participate in an evening of fun Valentines Day arts and craft projects. Refreshments will be provided! Class Fee: \$6

#42032	Feb 13	M	5:15-6:00pm
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Kidstime Play School

Age: 3-5yrs. Kidstime Play School is designed to help children prepare for school relationships, learning skills such as sharing, being polite, playing and learning in a group. We play, sing, read and learn numbers, letters, and sounds. Science and health are included, along with cooking and crafts. All children must be potty trained. This program has been set up for the winter/spring semester at both the Green Road Center on Mondays and Wednesdays and Optimist Center on Tuesdays and Thursdays. Payments of \$86 will be due at the first class of each month. The first month's payment will be due at time of registration. Final payment will be due May 1. The class will follow the Wake County Schools traditional calendar. Class Fee: \$430

Green Road

#42256	Jan 9-May 10	M,W	9:15am-12:15pm
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Optimist

#41635	Jan 10-May 18	T,Th	9:15am-12:15pm
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Mommy & Me Spa Time

Location: Laurel Hills Community Center
Age: 4-5yrs. Splish splash bath salts, luscious lip gloss, pampered hand and foot scrub, fairy day body glitter make up the projects for this class. Also includes, cute packaging, ribbons, tags and ingredient labels. Class Fee: \$60

#42894	Jan 7-28	Sa	12:30-1:15pm
#42895	Feb 4-25	Sa	12:30-1:15pm
#42896	Mar 4-25	Sa	12:30-1:15pm
#42897	Apr 1-29	Sa	12:30-1:15pm

Music - Silly Sounds

Location: Laurel Hills Community Center
Age: 2-3yrs. Parent and child explore the exciting world of sound with sing-a-longs, child safe instruments, movement, and props to promote social and educational development. Class Fee: \$32

#41934	Jan 10-31	T	9:30-10:00am
#41935	Feb 7-28	T	9:30-10:00am
#41936	Mar 7-28	T	9:30-10:00am
#41937	Apr 4-25	T	9:30-10:00am

Playgroup

Age: 2yrs and up. The gym is your playground! Come meet other families in your community in a recreation setting. The gym will be reserved for parents and their young

children. Sports and recreation equipment will be available for use. Class Fee: \$0

Millbrook Exchange

#40985	Jan 4-Apr 26	M,W	10:00am-1:00pm
#41343	Jan 3-Apr 27	T,Th	10:00am-1:00pm

Optimist

#41344	Jan 3-Apr 25	M,T	9:15am-12:15pm
#41614	Jan 4-Apr 21	W,F	10:15am-12:15pm
#41615	Jan 6-Apr 24	M,F	10:15am-12:15pm

Lake Lynn

#42640	Jan 4-Apr 26	W	9:30-11:30am
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Pre-school Camp

Location: Walnut Terrace Community Center
Age: 3-5yrs. Four weeks of arts & crafts, fitness, puppet making and a surprise project. A learning and sharing experience for parents and children to be enjoyed by all! Parent participation is required. Class Fee: \$10

#43161	Feb 7-Mar 2	T,Th	1:00-2:30pm
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Preschool Adventures

Location: Laurel Hills Community Center
Age: 2-3yrs. Mom's morning out! Drop off preschoolers so they can play with friends in a morning of structured fun. Youth discover art, music, and sports while socially interacting with new friends. Take a few hours for yourself. Taught by experienced teachers. Snack provided. Class Fee: \$60

#41737	Jan 4-25	W	9:15-11:30am
#41738	Feb 1-22	W	9:15-11:30am
#41739	Mar 1-22	W	9:15-11:30am
#41740	Apr 5-26	W	9:15-11:30am

Preschool Funtime Workshops

Location: Lake Lynn Community Center
Age: 4-5yrs. In these one-time classes, preschoolers will participate in a different themed activity each month. In January, we will learn how much fun science can be; in February, we will make Valentine's Day treats; in March, we will be in the kitchen cooking springtime goodies; and in April we will welcome spring with a fun craft. An afternoon of fun and socialization for your preschooler—join us for one or for all four! Class Fee: \$15

#42735	Jan 28	Sa	1:00-2:00pm
#42737	Feb 25	Sa	1:00-2:00pm
#42736	Mar 25	Sa	1:00-2:00pm
#42738	Apr 22	Sa	1:00-2:00pm

Preschool Open Play

Location: Chavis Community Center
Age: 1yrs and up. Enjoy the fun of playground activities with indoor comforts. The gym will be reserved for children and their parents to enjoy our indoor recreation & sports equipment. Registration is requested. Class Fee: \$0

#43664	Jan 3-Apr 27	T,Th	10:00-11:00am
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Preschooler Adventures

Location: Millbrook Exchange Community Ctr
Age: 3-4yrs. Play, fun, and entertainment featuring Mozo the clown with funny games and stunts. Mama Goose dramatic dance tales and stories, musical games, pop goes the weasel, play house, activities with parachute, hoops, floats, scooters, and more. Kids need to bring a snack. Class Fee: \$15

#42025	Apr 9	Su	1:00-2:30pm
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Space Cadets

Location: Green Road Community Center
 Age: 4-5yrs. Learn about the stars, planets and what is out there in outer space. Each week we work toward becoming astronauts. The last week we will eat space food and get our space suits. Come fly with us to outer space. Class Fee: \$28
 #41985 Mar 1-22 W 1:00-1:45pm

Super Hero Champion

Location: Laurel Hills Community Center
 Age: 3-5yrs. Here we come to save the day! Super Heroes are on their way! They will flip, jump, turnabout, run, race, and tumble. Mom, you have seen them pretend, so let them burn energy in the Super Hero's Zone. Dress-up in your super hero costume or outfit. Safe and noncontact activities provided. Class Fee: \$42

#43127	Jan 23-Feb 13	M	1:15-2:00pm
#43128	Feb 20-Mar 13	M	1:15-2:00pm
#43129	Apr 3-24	M	1:15-2:00pm
#43130	Jan 5-26	Th	5:15-6:00pm
#43131	Feb 2-23	Th	5:15-6:00pm
#43132	Mar 2-23	Th	5:15-6:00pm

Teddy Bear Tea Party

Location: Millbrook Exchange Community Ctr
 Age: 4-5yrs. Bundle up your favorite Teddy Bear and bring him or her to a Tea Party. Enjoy refreshments and make an arts and crafts project. Class Fee: \$5
 #40986 Feb 25 Sa 1:00-1:45pm

Tot Time

Location: Green Road Community Center
 Age: 1-5yrs. Parents, bring your child to Green Road for playtime and interaction with other children. The gymnasium and some recreational equipment will be available for your child to use. Come play with us!
 #43426 Jan 5-26 Th 10:00am-12:00pm
 #43427 Feb 2-23 Th 10:00am-12:00pm
 #43428 Mar 2-23 Th 10:00am-12:00pm
 #43429 Apr 6-27 Th 10:00am-12:00pm

Tykes time

Location: Walnut Terrace Community Center
 Age: 6-24mths. An opportunity for moms to interact with other moms and to share quality time with their little ones. We will provide age appropriate manipulatives to be used. Registration not required—just drop in.
 #43476 Jan 9-Feb 3 M-T,Th-F 10:00am-1:00pm

Youth**Back History Talent Contest**

Location: Roberts Park Community Center
 Age: 8-15yrs. Has anyone ever told you that you talent? Have you heard it more than once? If you think you have talent, please help us celebrate Black History with a talent contest. The categories are music, dance, poetry and humor. Awards given to 1st place in category. Must register by January 13. Class Fee: \$0
 #43570 Feb 10 F 6:30-8:30pm

Basketball - Afternoon Open Play

Location: Halifax Community Center
 Age: 12-99yrs. Enjoy friendly basketball games with you class mates, friends and neighbors from the hours of 3:30pm and 6:00pm a few days a week. Class Fee: \$0
 #42396 Jan 10-Apr 3 T-F,M 3:30-6:00pm

Biltmore Hills Girls Club

Location: Biltmore Hills Community Center
 Age: 10-17yrs. Come out and join the Girls Club at Biltmore Hills Community Center. Don't miss out. Take this opportunity to be apart of this fun exciting adventure. The Girls Club includes: trips, guest speakers, games and educational activities. Class Fee: \$0
 #42160 Jan 11-25 W 4:00-6:00pm
 #42161 Feb 1-22 W 4:00-6:00pm
 #42162 Mar 1-22 W 4:00-6:00pm
 #42163 Apr 5-May 3 W 4:00-6:00pm

Breakfast with the Bunny

Location: Laurel Hills Community Center
 Age: Up to 10yrs. Hop on over to Laurel Hills for the annual Egg Hunt which will include face painting, crafts and other family entertainment. Enjoy light refreshments and meet the Bunny! Class Fee: \$0
 #41619 Apr 8 Sa 10:30am-12:00pm

Bunny Bingo

Location: Laurel Hills Community Center
 Age: 4-11yrs. Come play 'Bunny Bingo'! Dye your own eggs, complete a bunny craft, and win your favorite prizes! Pizza dinner provided. Class Fee: \$15
 #41640 Apr 7 F 5:30-9:30pm

Chavis Parents Night Out

Location: Chavis Community Center
 Age: 5-11yrs. Bring your child to Chavis Center for a night of fun with our wonderful staff, plus dinner. Activities may include story time, arts & crafts, creative baking, recreational activities, computer time, board games & much more. Pre-registration is required. Class Fee: \$10
 #41870 Jan 27 F 6:00-9:30pm
 #42789 Feb 24 F 6:00-9:30pm
 #42790 Mar 31 F 6:00-9:30pm
 #42791 Apr 28 F 6:00-9:30pm

Chess Club

Location: Tarboro Road Community Center
 Age: 10yrs and up. Learn the basic moves of chess. Monthly Tournaments. No fees! Class Fee: \$0
 #43619 Jan 3 T 7:00-8:00pm
 #43620 Feb 7 T 7:00-8:00pm
 #43621 Mar 7 T 7:00-8:00pm
 #43623 Apr 4 T 7:00-8:00pm

Clean Sweep Fun!

Location: Peach Road
 Age: 5-12yrs. Join us and be part of the transformation of our community. Help us make our neighborhood be healthy, nice and clean. Free refreshments will be provided. This event is offered in conjunction with the City of Raleigh Community Services Department. ¡Vengan ayudarnos a limpiar

nuestra comunidad y disfrute de comida y bebida gratis para los participantes! Class Fee: \$0
 #40963 Feb 25 Sa 10:00am-12:00pm
 #40965 Apr 22 Sa 10:00am-12:00pm

Cooking Class

Location: Ralph Campbell Community Center
 Age: 12-16yrs. Learn to cook small meals, set up the table and learn table manners. Class Fee: \$5
Cook it up
 #43085 Jan 7-Feb 25 Sa 12:00-2:00pm

Daddy Daughter Dance

Location: Laurel Hills Community Center
 Age: 3yrs and up. Hey, Dads and daughters, get dressed up and celebrate Valentine's Day with Laurel Hills for a night of dancing, refreshments and great entertainment. Cost includes: heavy hors d'oeuvres, a photo and a flower for each daughter and door prizes. Registration is required and must be made by Tuesday, February 7. Register early, space is limited! Cost is per person. Class Fee: \$12
 #41624 Feb 10 F 6:30-8:30pm

Egg Hunt Pre-Party

Location: Chavis Community Center
 Age: Up to 10yrs. Join us a Chavis before the Annual Egg Hunt for some exciting egg activities to get you energized for egg hunt success. Class Fee: \$0
 #42982 Apr 8 Sa 10:30-11:00am

Fly Away!

Location: Chavis Community Center
 Age: 6-15yrs. Join us for fun in the sun making kites from recycled materials, then see if your design makes the grade when we have a flight competition. Materials will be provided & prizes will be awarded. Class Fee: \$6
 #41900 Mar 18 Sa 10:00-11:30am

Friday Night Fun

Location: Laurel Hills Community Center
 Age: 4-12yrs. Parents! Enjoy a night out on the town while your children have a light dinner (pizza!), make crafts and/or play games, and watch a popular kid friendly movie. Registration two days prior to the program date is required. Class Fee: \$15
 #41620 Jan 27 F 5:30-9:30pm
 #41621 Feb 24 F 5:30-9:30pm
 #41622 Mar 17 F 5:30-9:30pm
 #41623 Apr 21 F 5:30-9:30pm

Kid Zone

Location: Worthdale Community Center
 Age: 6-12 yrs. Participants will enjoy a variety of games and activities and social time. Class Fee: \$0
 #43084 Jan 7 Sa 9:30am-12:00pm
 #43091 Jan 21 Sa 9:30am-12:00pm
 #43093 Mar 4 Sa 9:30am-12:00pm
 #43094 Mar 18 Sa 9:30am-12:00pm
 #43095 Apr 8 Sa 9:30am-12:00pm
 #43096 Apr 22 Sa 9:30am-12:00pm

Social Youth continued next page —

Social Youth continued —

Kid's Adventure

Location: Millbrook Exchange Community Ctr

Age: 5-9yrs. Play, fun, and entertainment featuring Mozo the clown with funny games and stunts. Mama goose dramatic dance tales and stories, musical games, pop goes the weasel, play house, activities with parachutes, hoops, floats, scooters, and more. Kids bring a snack. Instructor Khadji El McPherson. Class Fee: \$15

#42023	Mar 26	Su	3:00-4:30pm
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Kid's Night Out

Location: Green Road Community Center
Age: 5-11yrs. Parents, both you AND your child enjoy a night out! Bring your child to Green Road Center for a night of dinner and fun. Each month will be a different theme! Class Fee: \$15

Science Night

#41939	Jan 20	F	6:00-9:30pm
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Art Fun

#41940	Feb 17	F	6:00-9:30pm
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Game Night

#41941	Mar 17	F	6:00-9:30pm
#41942	Apr 21	F	6:00-9:30pm

Kids Night Out

Age: 4-10yrs. Kids, grab all your friends and come on over for a night filled with fun just for YOU! We'll have a light dinner, make crafts or play games, and watch a movie. Registration 3 days prior to the program date is required. Class Fee: \$15

Optimist

#41631	Jan 13	F	6:00-9:00pm
#41632	Mar 10	F	6:00-9:00pm

Lake Lynn

#42628	Feb 10	F	6:00-9:00pm
#42637	Apr 7	F	6:00-9:00pm

Love Day in Apollo

Location: Ralph Campbell Community Center
Age: 11-16yrs. A day to celebrate Valentines Day with a dance, fun and games, and refreshments. The center will be decorated in red and white, so bring your sweetheart, and don't forget the candy and teddy bear. Class Fee: \$0

#43022	Feb 11	Sa	7:00-10:00pm
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Mom & Me Spa Time II

Location: Laurel Hills Community Center
Age: 5-8yrs. Splish Splash bath salts, luscious lip gloss, pampered hand and foot scrub, fairy day body glitter gel are the projects you and mom will have fun creating. Also includes: cute packaging, ribbons, tags, and ingredient labels. Class Fee: \$60

#42898	Jan 6-27	F	5:15-6:00pm
#42899	Feb 3-24	F	5:15-6:00pm
#42900	Mar 3-24	F	5:15-6:00pm
#42901	Apr 7-May 5	F	5:15-6:00pm

Movie Night at Halifax

Location: Halifax Community Center
Age: 8yrs and up. Come out and enjoy popcorn and a movie with friends one Friday out

of the month at Halifax. Class Fee: 50¢

#42406	Jan 13	F	6:00-7:30pm
#42407	Feb 10	F	6:00-7:30pm
#42408	Mar 10	F	6:00-7:30pm

Out at the Park

Location: Worthdale Community Center
Age: 5-15yrs. Homeschoolers come out and enjoy the fun. Participate in gym activities and game room fun. You must pre-register. Class Fee: \$5

#42296	Jan 11-Feb 3	W,F	3:00-5:00pm
#42297	Feb 1-24	W,F	3:00-5:00pm
#42298	Mar 1-29	W,F	3:00-5:00pm

Parent's Day Off

Location: Chavis Community Center
Age: 5-12yrs. A program designed for children in modified schedule or year round schools. The program consists of games, activities, arts & crafts, computer time, reading, etc. Pre-registration is required. Class Fee: \$10

#41909	Mar 20	M	7:30am-6:00pm
#41910	Mar 21	T	7:30am-6:00pm
#41911	Mar 22	W	7:30am-6:00pm
#41912	Mar 23	Th	7:30am-6:00pm
#41913	Mar 24	F	7:30am-6:00pm
#41914	Mar 27	M	7:30am-6:00pm
#41915	Mar 28	T	7:30am-6:00pm
#41916	Mar 29	W	7:30am-6:00pm
#41917	Mar 30	Th	7:30am-6:00pm
#41918	Mar 31	F	7:30am-6:00pm

Parent's Night Out

Location: Peach Road
Age: 5-13yrs. Parents, want an evening to yourself and a low cost babysitter? Each Friday, the children will partake in different activities, such as a movie, computers, games, and/or arts and crafts. Bring all your friends! Padres! ¿Quiéren una noche solos sin sus hijos? Cada viernes ofrecemos un programa para sus niños donde vamos a tener diferentes actividades como películas, uso de computadores, juegos y artes manuales. Traigan a todos sus amigos! Class Fee: \$3

#41098	Jan 13	F	7:00-9:30pm
#41099	Feb 17	F	7:00-9:30pm
#41100	Mar 17	F	7:00-9:30pm
#41101	Apr 21	F	7:00-9:30pm

Pony Riders

Location: Millbrook Exchange Community Ctr
Age: 3-5yrs. Hee Haw! Gallop, prance, and ride on the Pony Express. Come and play with a musical animated pony. Enjoy fun games, crafts, and fitness activities. Cowboys and Cowgirls learn the mini Texas Reel and the Western Weave. Goals of the class include group interaction, structure, and cognitive development. Instructed by Khadija El-McPherson. Class Fee: \$15

#42024	Mar 26	Su	1:00-2:30pm
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Sensational Saturday Morning

Location: Green Road Community Center
Age: 5-11yrs. Drop off your child for a fun filled morning of crafts, games, movies and more. Lunch will be provided. Enjoy a morn-

ing of free time for yourself while we entertain your special one. Class Fee: \$15

#42108	Mar 18	Sa	9:30am-1:30pm
#42111	Apr 22	Sa	9:30am-1:30pm

Snack and a Book

Location: Worthdale Community Center
Age: 6-12yrs. Come enjoy reading short stories, group discussions, activities and snack. Discover the fun in reading. Must pre-register. Class Fee: \$0

#43104	Jan 14	Sa	9:30am-12:00pm
#43105	Jan 28	Sa	9:30am-12:00pm
#43106	Feb 11	Sa	9:30am-12:00pm
#43107	Mar 11	Sa	9:30am-12:00pm
#43108	Apr 15	Sa	9:30am-12:00pm
#43109	Apr 29	Sa	9:30am-12:00pm

SNO at Green Road

Location: Green Road Community Center
Age: 5-11yrs. Bring your children to the Green Road Center for a day of structured play when Wake County Schools are closed for the day due to inclement weather. Program hours are 8:00am to 5:00pm. Activities may include sports, crafts, games, computer games, movies and outdoor play. Children should bring a lunch, two snacks and drinks and a change of clothes. Pre-registration is recommended. Space is limited. Class Fee: \$20

#41850			8:00am-5:00pm
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Super Hero Boyz

Location: Millbrook Exchange Community Ctr
Age: 5-7yrs. Dress-up in your favorite Super Hero outfit/costume and perform easy to learn hero scenes and action activities. Play games using level variations, tunnel vision, jumps, leaps, flips, duck n' stride, and other non-contact interactive games. Instructed by Khadija El McPherson. Class Fee: \$15

#42026	Apr 9	Su	3:00-4:30pm
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Teen Issues

Location: Halifax Community Center
Age: 13-16yrs. Come out and enjoy the fun. This is a great opportunity for you to improve your social skills with peers while enjoying games and traveling to a variety of area fun spots. Class Fee: \$5

#42409	Jan 11-Apr 26	W	6:00-8:00pm
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Valentine Caring Hearts

Location: Green Road Community Center
Age: 3-10yrs. Come and make valentines for your loved ones and others that are not so fortunate.

#42130	Feb 11	Sa	10:00am-12:00pm
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Youth Escape School

Age: 5-12yrs. Need something for your child to do on Teacher Workdays or school holidays? Enroll in the Youth Escape School (YES) program. This wonderful recreational opportunity provides a safe alternative to young children having to stay home while mom and dad work. Participants interact with their peers and counselors in fun filled activities such as sports, arts & crafts, games, movies and a variety of other

exciting events. Field Trips may require additional fees. Each participant must bring lunch and 2 snacks. Children must be in Kindergarten - 6th grade to attend. Class Fee: \$20 per day unless otherwise specified

Roberts Park Community Center (\$10 per day)

#43212	Jan 23	M	7:30am-6:00pm
#43213	Feb 20	M	7:30am-6:00pm
#43214	Feb 21	T	7:30am-6:00pm
#43215	Mar 27	M	7:30am-6:00pm
#43216	Mar 28	T	7:30am-6:00pm
#43240	Mar 30	Th	7:30am-6:00pm
#43241	Mar 29	W	7:30am-6:00pm
#43242	Mar 31	F	7:30am-6:00pm
#43243	Apr 3	M	7:30am-6:00pm

Chavis Community Center

#41921	Jan 23	M	7:30am-6:00pm
#41922	Feb 20	M	7:30am-6:00pm
#41923	Feb 21	T	7:30am-6:00pm
#42906	Apr 3	M	7:30am-6:00pm
#42907	Apr 17	M	7:30am-6:00pm

Green Road Community Center

#42042	Jan 23	M	7:30am-6:00pm
#42043	Feb 20	M	7:30am-6:00pm
#42044	Feb 21	T	7:30am-6:00pm
#42045	Mar 27	M	7:30am-6:00pm
#42046	Mar 28	T	7:30am-6:00pm
#42047	Mar 29	W	7:30am-6:00pm
#42048	Mar 30	Th	7:30am-6:00pm
#42049	Mar 31	F	7:30am-6:00pm
#42050	Apr 3	M	7:30am-6:00pm
#42051	Apr 17	M	7:30am-6:00pm

Jaycee Community Center

#42434	Jan 23	M	7:30am-6:00pm
#42435	Feb 20	M	7:30am-6:00pm
#42436	Feb 21	T	7:30am-6:00pm
#42437	Mar 27	M	7:30am-6:00pm
#42438	Mar 28	T	7:30am-6:00pm
#42439	Mar 29	W	7:30am-6:00pm
#42440	Mar 30	Th	7:30am-6:00pm
#42441	Mar 31	F	7:30am-6:00pm
#42442	Apr 3	M	7:30am-6:00pm
#42443	Apr 17	F	7:30am-6:00pm

Lake Lynn Community Center

#42645	Jan 23	M	7:30am-6:00pm
#42646	Feb 20	M	7:30am-6:00pm
#42647	Feb 21	T	7:30am-6:00pm
#42648	Mar 27	M	7:30am-6:00pm
#42649	Mar 28	T	7:30am-6:00pm
#42650	Mar 29	W	7:30am-6:00pm
#42651	Mar 30	Th	7:30am-6:00pm
#42663	Mar 31	F	7:30am-6:00pm
#42664	Apr 3	M	7:30am-6:00pm
#42665	Apr 17	M	7:30am-6:00pm

Laurel Hills Community Center

#41604	Jan 23	M	7:30am-6:00pm
#41605	Feb 20	M	7:30am-6:00pm
#41606	Feb 21	T	7:30am-6:00pm
#41607	Mar 27	M	7:30am-6:00pm
#41608	Mar 28	T	7:30am-6:00pm
#41609	Mar 29	W	7:30am-6:00pm
#41610	Mar 30	Th	7:30am-6:00pm
#41611	Mar 31	F	7:30am-6:00pm
#41612	Apr 3	M	7:30am-6:00pm
#41613	Apr 17	M	7:30am-6:00pm

Lions Park Community Center

#41347	Feb 20	M	7:30am-6:00pm
#41348	Feb 21	T	7:30am-6:00pm
#41349	Mar 27	M	7:30am-6:00pm
#41350	Mar 28	T	7:30am-6:00pm
#41351	Mar 29	W	7:30am-6:00pm
#41352	Mar 30	Th	7:30am-6:00pm
#41353	Mar 31	F	7:30am-6:00pm
#41354	Apr 3	M	7:30am-6:00pm
#41355	Apr 4	T	7:30am-6:00pm

Method Road Community Center

#43460	Jan 23	M	7:30am-6:00pm
#43461	Feb 20	M	7:30am-6:00pm
#43462	Feb 21	T	7:30am-6:00pm
#43463	Mar 27	M	7:30am-6:00pm
#43464	Mar 28	T	7:30am-6:00pm
#43465	Mar 29	W	7:30am-6:00pm
#43466	Mar 30	Th	7:30am-6:00pm
#43467	Mar 31	F	7:30am-6:00pm
#43469	Apr 3	M	7:30am-6:00pm
#43471	Apr 17	M	7:30am-6:00pm

Millbrook Exchange Community Center

#40836	Feb 20	M	7:30am-6:00pm
#40837	Feb 21	T	7:30am-6:00pm
#40841	Mar 27	M	7:30am-6:00pm
#40842	Mar 28	T	7:30am-6:00pm
#40844	Mar 29	W	7:30am-6:00pm
#40845	Mar 30	Th	7:30am-6:00pm
#40846	Mar 31	F	7:30am-6:00pm
#40838	Apr 3	M	7:30am-6:00pm
#40843	Apr 4	T	7:30am-6:00pm

Optimist Community Center

#42629	Jan 23	M	7:30am-6:00pm
#42630	Feb 20	M	7:30am-6:00pm
#42631	Feb 21	T	7:30am-6:00pm
#42632	Mar 27	M	7:30am-6:00pm
#42633	Mar 28	T	7:30am-6:00pm
#42634	Mar 29	W	7:30am-6:00pm
#42635	Mar 30	Th	7:30am-6:00pm
#42636	Mar 31	F	7:30am-6:00pm
#42659	Apr 3	M	7:30am-6:00pm
#42661	Apr 17	M	7:30am-6:00pm

Peach Road (\$10 per day)

#41105	Jan 23	M	7:30am-6:00pm
#41106	Feb 21	T	7:30am-6:00pm
#41107	Feb 22	W	7:30am-6:00pm
#41108	Apr 3	M	7:30am-6:00pm
#41109	Apr 17	M	7:30am-6:00pm

Pullen Community Center

#38055	Jan 23	M	7:30am-6:00pm
#38056	Feb 20	M	7:30am-6:00pm
#38057	Feb 21	T	7:30am-6:00pm
#38058	Mar 27	M	7:30am-6:00pm
#38059	Mar 28	T	7:30am-6:00pm
#38060	Mar 29	W	7:30am-6:00pm
#38061	Mar 30	Th	7:30am-6:00pm
#38062	Mar 31	F	7:30am-6:00pm
#38064	Apr 3	M	7:30am-6:00pm
#38065	Apr 17	M	7:30am-6:00pm

Worthdale Community Center

#42299	Jan 23	M	7:30am-6:00pm
#42300	Feb 20	M	7:30am-6:00pm
#42301	Feb 21	T	7:30am-6:00pm
#42302	Mar 27	M	7:30am-6:00pm
#42303	Mar 28	T	7:30am-6:00pm
#42304	Mar 29	W	7:30am-6:00pm
#42305	Mar 30	Th	7:30am-6:00pm
#42306	Mar 31	F	7:30am-6:00pm
#42307	Apr 3	M	7:30am-6:00pm
#42308	Apr 14	F	7:30am-6:00pm
#42309	Apr 17	M	7:30am-6:00pm

Carolina Pines Community Center

#41948	Jan 23	M	7:30am-6:00pm
#41949	Feb 20	M	7:30am-6:00pm
#41950	Feb 21	T	7:30am-6:00pm
#41952	Mar 27	M	7:30am-6:00pm
#41953	Mar 28	T	7:30am-6:00pm
#41971	Mar 29	W	7:30am-6:00pm
#41973	Mar 30	Th	7:30am-6:00pm
#41974	Mar 31	F	7:30am-6:00pm
#42230	Apr 3	M	7:30am-6:00pm
#42231	Apr 17	M	7:30am-6:00pm

Youth Outreach Unified At Tarboro Rd

Location: Tarboro Road Community Center
Age: 12-15yrs. Youth forum to redirect our youth for a better future. Snacks are provided. Class Fee: \$0

#43644	Jan 3	T	6:30-8:30pm
#43645	Feb 7	T	6:30-8:30pm
#43646	Mar 7	T	6:30-8:30pm
#43647	Apr 4	T	6:30-8:30pm

Teen

Boys Hip Hop Culture Club

Location: Biltmore Hills Community Center
Age: 13-17yrs. Teens participate in age appropriate activities and discussions about events of today. Class Fee: \$0

#41673	Jan 5-26	Th	6:00-7:00pm
#41674	Feb 2-23	Th	6:00-7:00pm
#41675	Mar 2-16	Th	6:00-7:00pm

Card Night

Location: Halifax Community Center
Age: 16yrs and up. Come and enjoy a few hands of cards and some social time with your peers. Class Fee: \$0
#42398 Jan 17-Mar 14 T 6:00-8:30pm

Custom Teen Programs

Location: Wade Ave. Administrative Office Bldg.
Age: 11-18yrs. Do you have an idea for a great teen activity, but want someone else to help plan and organize it? Let the Teen Program at Raleigh Parks and Recreation plan your next teen event or outing. We have experience planning and providing activities for groups large and small. From an evening trip out to a local event, to a weeklong trip across the state, we can make it happen for your group. Cost for these programs will vary depending on the size of the group and the desired activity. Please contact the Teen Program at 831-6688 to hear more about your options for a custom teen program!
Class Fee: \$0
#42821 Jan 2-Apr 23 Daily 9:00am-10:00pm

Pre-Teen Valentine Dance

Location: Biltmore Hills Community Center
Age: 11-16yrs. If you like dancing and meeting new friends than come join your peers for a Valentine dance filled with lots of fun. Come get your boogie-on!! Class Fee: \$3
#42146 Feb 10 F 7:00-10:00pm

Raleigh Youth Council

Location: Laurel Hills Community Center
Age: 14-18yrs. Are you a high school student that is interested in initiating, organizing and executing programs and projects that benefit youth? The Raleigh Youth Council is for teens and is run by teens. They focus their involvement in leadership opportunities, community service, recreation, and fundraising as well as special events such as: Youth in Business Day, Governor's Page Week, Youth Legislative Assembly, Student Government Month, State Youth Conferences, Domino Day, and other events that develop

Raleigh Youth Council continued next page —

Raleigh Youth Council continued —

leadership qualities and help members realize their full potential. The Raleigh Youth Council creates a forum where teens can freely express their ideas and opinions and serve as advocates for teens in Wake County. The Raleigh Youth Council is sponsored by the Raleigh Parks and Recreation Department and is a charter member of the Youth Councils of North Carolina. If you are interested in participating in different types of community service projects or need hours to fill a requirement for your school or organization. Class Fee: \$0

#38472	Jan 9	M	7:00-8:30pm
#38473	Jan 23	M	7:00-8:30pm
#38474	Feb 13	M	7:00-8:30pm
#38475	Feb 27	M	7:00-8:00pm
#38476	Mar 13	M	7:00-8:30pm
#38477	Apr 10	M	7:00-8:30pm
#38478	Apr 24	M	7:00-8:30pm

State Youth Council Conferences

Location: Non-City Owned Site
Age: 14-18yrs. Join the Raleigh Youth Council in attending conferences across the State of North Carolina. The State Youth Council is comprised of local youth councils from across the state and meets to allow teenagers to have a say in issues they feel are important to them. Have your say and have fun on one of these exciting trips! Call the Teen Program at 831-6688 for more information. Class Fee: \$0

Community Service Conference

#42992 Jan 28-Feb 3 F-Su 8:00am-11:00pm

Teen Ski Trip

Location: Non-City Owned Site
Age: 14-18yrs. For High School students. Grab your toboggan, your jacket, and your friends and get ready for a ski trip you will never forget! Join us for a weekend trip to the Appalachian Ski Resort for a fun filled winter adventure. We will be staying in a wonderful cabin high in the Appalachian Mountains. The trip includes a night of fun with friends and an entire day skiing or snowboarding. The price of the trip includes: transportation, all breakfasts and dinners, lift tickets, ski or snowboard equipment rentals, supervision, and lodging. The trip is Sa-M (Monday is a holiday from school.) Please contact the Teen Program at 831-6688 for more information. Class Fee: \$175

#42864 Jan 14-16 Sa-M 8:00am-10:00pm

Teens On The Go

Location: Walnut Terrace Community Center
Age: 13-18yrs. An opportunity for teens to get together to work on team building, social skills, and what it means to be a teenager. Activities include guest speakers, field trips, community service projects, and more.

Class Fee: \$0			
#42619	Jan 5	Th	6:30-8:00pm
#42620	Jan 12	Th	6:30-8:00pm
#42621	Jan 19	Th	6:30-8:00pm
#42622	Jan 26	Th	6:30-8:00pm
#42624	Feb 9	Th	6:30-8:00pm

#42625	Feb 16	Th	6:30-8:00pm
#42879	Mar 2	Th	6:30-8:00pm
#42880	Mar 9	Th	6:30-8:00pm
#42881	Mar 16	Th	6:30-8:00pm
#42882	Mar 23	Th	6:30-8:00pm
#42883	Mar 30	Th	6:30-8:00pm
#42884	Apr 6	Th	6:30-8:00pm
#42885	Apr 13	Th	6:30-8:00pm
#42623	Feb 2	Th	6:30-8:00pm

Worthdale Fun Bunch

Location: Worthdale Community Center
Age: 13-17yrs. Teens come out and enjoy social time with your peers. Play cards, pool, fooseball, and music. Class Fee: \$0

#42310 Jan 13-Apr 21 F 6:00-9:00pm

Adult**Top Greene Older Adult Club**

Location: John P Top Greene Center
Age: 55yrs and up. Participants and club members meet monthly and participate in activities such as day trips, luncheons, crafts, special events and educational speakers. Class Fee: \$0

#41855	Jan 11	W	11:00am-1:00pm
#41856	Feb 8	W	11:00am-1:00pm
#41857	Mar 8	W	11:00am-1:00pm
#41858	Apr 12	W	11:00am-1:00pm

Biltmore Hills Spades

Location: Biltmore Hills Community Center
Age: 18-99yrs. Come join some card sharks and learn the rules and strategies of spades. Class Fee: \$0

#42164	Jan 5-26	Th	2:00-4:00pm
#42165	Feb 2-23	Th	2:00-4:00pm
#42166	Mar 2-30	Th	2:00-4:00pm
#42167	Apr 6-May 4	Th	2:00-4:00pm

Bridge - Capitol Bridge Club

Location: Jaycee Community Center
Age: All Ages. Come join the Capitol Bridge Club as they meet twice a week for competitive bridge in a social atmosphere. Experienced players are welcome to join the Club. No bridge is played on City holidays.

Class Fee: 75¢

#42540	Jan 3-31	T,F	9:00am-1:00pm
#42541	Feb 3-28	T,F	9:00am-1:00pm
#42542	Mar 3-31	T,F	9:00am-1:00pm
#42543	Apr 4-28	T,F	9:00am-1:00pm

Bridge Club

Location: Tarboro Road Community Center
Age: 18yrs and up. Join fellow Bridge enthusiasts at this weekly afternoon club. Come and join a very competitive atmosphere for experienced players and have a little fun at the same time. Class Fee: \$0

#43615	Jan 3-31	T	1:00-5:00pm
#43616	Feb 7-28	T	1:00-5:00pm
#43617	Mar 7-28	T	1:00-5:00pm
#43618	Apr 4-25	T	1:00-5:00pm

Camera Club

Location: Optimist Community Center
Age: 18yrs and up. This class offers the opportunity for you to take pictures at different parks throughout the city. Classes meet on the first & third Monday of the month. Come join this unique, social camera club where you can enjoy fellowship, nature, and photography. You must provide your own camera (any kind), film, and be responsible for film development. An organizational meeting will be held on March 20 at Optimist Community Center. \$1 per trip for transportation. For more information, contact Senior/Adult Programs at 831-6851. Class Fee: \$0

#42182 Mar 20-May 15 M 9:30am-1:00pm



Leisure recreation is a state of mind. It is an inner place of peace and a bridge which connects to others in a meaningful way. from the poem of Kathy O. Keffee

Chess - Excalibur Chess Club

Location: Billmore Hills Community Center
Age: 18yrs and up. Come out and join the Excalibur Chess Club the first Saturday of every month. Class Fee: \$0

#41653	Jan 7	Sa	1:00-3:00pm
#41654	Feb 4	Sa	1:00-3:00pm
#41655	Mar 4	Sa	1:00-3:00pm
#41656	Apr 1	Sa	1:00-3:00pm

Classic Chevy Car Club

Location: Jaycee Community Center
Age: 18yrs and up. Car talk-Chevy style. Come join us and let's talk Classic Chevys. We meet the 4th Monday of each month except holidays. Class Fee: 75¢

#42131	Jan 23	M	7:00-9:45pm
#42132	Feb 27	M	7:00-9:45pm
#42133	Mar 27	M	7:00-9:45pm
#42134	Apr 24	M	7:00-9:45pm

Coin Club

Location: Pullen Community Center
Age: All Ages. Enjoy collecting coins? Join the Coin Club and meet others who share the same interest in this hobby. The club meets every 2nd Thursday of each month. Fees are 75¢ per person per meeting.

#41035	Jan 12-Apr 13	Th	7:30-9:30pm
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Gardening Club - Become a Green Thumb

Location: Tarboro Road Community Center
Age: All Ages. If you are interested in learning the basics of growing and nurturing plants and vegetables, then the Gardening Club is just what you need. Participants will learn basic techniques for nurturing your plants and vegetables to full growth potential. Class Fee: \$0

#43632	Jan 4-25	W	11:00am-1:00pm
#43633	Feb 1-22	W	11:00am-1:00pm
#43634	Mar 1-29	W	11:00am-1:00pm
#43635	Apr 5-26	W	11:00am-1:00pm

German Shepherd Dog Club

Location: Millbrook Exchange Community Ctr
Age: 18yrs and up. The purpose of the club is for the improvement of the German Shepherd Dog. See club president for more information.

#40955	Jan 4	W	7:00-9:00pm
#40956	Feb 1	W	7:00-9:00pm
#40957	Mar 1	W	7:00-9:00pm
#40958	Apr 5	W	7:00-9:00pm

Golden Kiwanis Club

Location: Pullen Community Center
Age: 18yrs and up. Kiwanis, an Indian word meaning 'We Build,' is a club with members interested in serving and expressing themselves in public affairs in Raleigh and adjoining areas. Annual dues are required.

#41017	Jan 5-Apr 27	Th	10:00-11:00am
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Horseshoe League

Location: Sanderford Road Park
Age: 18-55yrs. Come out and join the horseshoe league at Sanderford Road Park. You will have a chance to play horseshoes for two hours while playing within the horseshoe league play. Class Fee: \$0

#42147	Apr 17-Jun 19	M	6:00-8:00pm
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Laughing for the Fun of It!

Location: Walnut Terrace Community Center
Age: 18-99yrs. Did you know that laughter was the best medicine? Got jokes that you think will tickle the tummy? Why don't you join us for a night of good, clean comedy? This promises to be fun-filled night for all. Call the Center by April 10th to be put on the program. Class Fee: \$5

#43457	Apr 17	M	7:00-8:30pm
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Raleigh-Durham Radio Club

Location: Millbrook Exchange Community Ctr
Age: 18yrs and up. This club meets to promote the different aspects of radio controlled model air craft. See the club president for more information.

#40959	Jan 25	W	7:00-9:00pm
#40960	Feb 22	W	7:00-9:00pm
#40962	Mar 22	W	7:00-9:00pm
#40964	Apr 26	W	7:00-9:00pm

Reading - Book Club

Location: Carolina Pines Community Center
Age: 18yrs and up. Like to read? Why not join our book club. Join our group on Monday nights this Spring to join in on group discussion of a selected book. The group will select a book at the first meeting. Call ahead for class cancelations. No class 1/16, 4/14. Class Fee: \$0

#41725	Jan 23-Apr 24	M	5:30-6:30pm
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Sertoma Group - Capital City Camera Club

Location: Sertoma Arts Center
Age: 18yrs and up. All levels of photography enthusiasts are invited to join—amateur to professional and b/w to digital! Club meets on the 1st and 3rd Monday each month. Note: Course fee is per visit. See club officers for more information on additional fees and dues. Class Fee: 75¢

Jan 2-Apr 17	M	7:45-9:45pm
closed Jan 2&16		

Sertoma Group - Portrait Painters

Location: Sertoma Arts Center
Age: 18yrs and up. If you're interested in portrait painting, this is the group for you. Come out on Tuesday mornings and join

a group dedicated to producing beautiful portraits. Note: Course fee is per visit. See club officers for information on additional fees and dues. Class Fee: 75¢

Jan 3-Apr 25	T	9:30am-12:00pm
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Sertoma Group - Raleigh Miniatures Guild

Location: Sertoma Arts Center
Age: 18yrs and up. For arts enthusiasts specializing in the craft of miniatures. The Guild meets the 1st and 3rd Thursdays each month. Note: Course fee is per visit. See club officers for information on additional fees and dues. Class Fee: 75¢

Jan 5-Apr 20	Th	1:30-3:30pm
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Sertoma Group - Sertoma Park Artists

Location: Sertoma Arts Center
Age: 18yrs and up. Come join this creative group of artists that meet every Thursday. Individuals are welcome to visit the group and find out more about joining. Note: Course fee is per visit. See club officers for information on additional fees and dues. Class Fee: 75¢

Jan 5-Apr 27	Th	9:30am-12:00pm
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Sertoma Group - Sertoma Writers Club

Location: Sertoma Arts Center
Age: 18yrs and up. This group meets the 1st and 3rd Sundays each month. Come out and share your literary works. Note: Course fee is per visit. See club officers for more information on additional fees and dues. Class Fee: 75¢

Jan 15-Apr 16	Su	1:30-4:00pm
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Spades Night

Location: Walnut Terrace Community Center
Age: 18yrs and up. Bring your partner and come on down for some serious spade playing. Partners are not required to get in on this fun filled night. Class Fee: \$2

#42869	Feb 9	Th	7:00-8:30pm
#42873	Apr 13	Th	6:30-8:00pm

Tarheel Triangle Cat Fancier

Location: Millbrook Exchange Community Ctr
Age: 18yrs and up. This group meets to discuss different issues related to the breeding of long-haired and short-haired cats. Members discuss topics that help enhance their knowledge of cats. See club leader for more information.

#40978	Jan 11	W	6:30-8:30pm
#40979	Feb 8	W	6:30-8:30pm
#40980	Mar 8	W	6:30-8:30pm
#40981	Apr 12	W	6:30-8:30pm

Social Adult continued —

Worthdale Community Chorus

Location: Worthdale Community Center
 Age: 55yrs and up. Whether you think you can sing or not, please sign up for a new and exciting musical experience. You will pay nothing and receive a lot in the form of training, pleasure (in performing,) and the satisfaction of doing something creative and entertaining. Class Fee: \$0

#42320	Jan 5-26	Th	1:00-3:00pm
#42321	Feb 2-23	Th	1:00-3:00pm
#42322	Mar 2-23	Th	1:00-3:00pm
#42323	Apr 6-27	Th	1:00-3:00pm

Worthdale Walkers

Location: Worthdale Community Center
 Age: 55yrs and up. Come out and enjoy walking, fellowship, and health/life management sessions. Attend special events for older adults and take field trips throughout the year. Class Fee: \$0

#42327	Jan 12-Feb 2	Th	11:00am-1:00pm
#42328	Feb 16-Mar 9	Th	11:00am-1:00pm
#42329	Mar 2-23	Th	11:00am-1:00pm
#42330	Apr 6-27	Th	11:00am-1:00pm

Your Move Chess Club

Location: Chavis Community Center
 Age: 16-99yrs. Come One Come All!
 Looking for players of all skill levels to enjoy an evening of chess and fellowship. Great opportunity to meet new friends and sharpen up your chess game. Class Fee: \$0

#43684	Jan 2-Apr 24	M	6:00-7:00pm
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Seniors**55+ Club**

Location: Millbrook Exchange Community Ctr
 Age: 55yrs and up. This club is part of the Golden years Association. Golden year clubs are composed of persons 55 and over. Anyone meeting the age requirements may join. This club meets weekly and activities include card games, speakers, trips, luncheons, and fellowship. See club president for more details related to fees. The Club will not meet on March 29.

#40937	Jan 4-May 31	W	10:00am-12:00pm
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Bingo

Location: Pullen Community Center
 Age: 55yrs and up. Enjoy two hours of Bingo every 2nd and 4th Wednesday of the month. \$1 for 3 cards. Class Fee: \$0

#41000	Jan 11-Apr 26	W	2:00-4:00pm
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Bingo - Carriage House

Location: Non-City Owned Site
 Age: 55yrs and up. Carriage House is located at 116 St. Mary's Street. This facility offers Bingo to senior adults. For more information on this program, please call 831-6851. Class Fee: \$0

#42171	Jan 9-Apr 24	M	1:30-3:00pm
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Bingo - Glenwood Towers

Location: Non-City Owned Site
 Age: 18yrs and up. This program is offered at Glenwood Towers, which is located at

509 Glenwood Avenue. For more information on this program, please call 831-6851. Class Fee: \$0

#42172	Jan 4-Apr 26	W	1:30-3:00pm
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Bingo at Green Road for Seniors

Location: Green Road Community Center
 Age: 55yrs and up. Join us on Tuesdays for a fun-filled morning of bingo. Cost \$1 for 3 cards. Games start promptly at 9:30am.

#42115	Jan 3-31	T	9:00am-12:00pm
#42116	Feb 7-28	T	9:00am-12:00pm
#42117	Mar 7-28	T	9:00am-12:00pm
#42118	Apr 4-25	T	9:00am-12:00pm

Bingo Bonanza

Location: Millbrook Exchange Community Ctr
 Age: 55yrs and up. Enjoy two hours of Bingo every Friday of the month. Bring a lunch! Cost is \$1 for 3 cards. There will be no Bingo on City Holidays.

#40938	Jan 6-27	F	9:30-11:30am
#40939	Feb 3-24	F	9:30-11:30am
#40940	Mar 3-24	F	9:30-11:30am
#40941	Apr 7-28	F	9:30-11:30am

Bingo for Seniors

Location: Lions Park Community Center
 Age: 55yrs and up. Calling all BINGO lovers. Join us for an exciting morning of bingo with lots of fun and laughs. Cost \$1 for 2 cards. Class Fee: \$1

#41338	Jan 5-26	Th	11:00am-12:30pm
#41339	Feb 2-23	Th	11:00am-12:30pm
#41340	Mar 2-23	Th	11:00am-12:30pm
#41341	Apr 6-27	Th	11:00am-12:30pm

Book Club for Seniors at Green Road

Location: Green Road Community Center
 Age: 55yrs and up. Join the Green Road Library staff at the Green Road Community Center on the third Thursday of each month to discuss the book selection of the month.

#42126	Jan 19	Th	10:00-11:30am
#42127	Feb 16	Th	10:00-11:30am
#42128	Mar 16	Th	10:00-11:30am
#42129	Apr 20	Th	10:00-11:30am

Bridge - Senior's Club

Location: Jaycee Community Center
 Age: All Ages. Join this Senior's Club Bridge group as they meet weekly in a fun relaxed atmosphere to enjoy the game of Bridge. Some experience is necessary. Class Fee: \$0

#42555	Jan 4-25	W	9:00am-1:00pm
#42556	Feb 1-22	W	9:00am-1:00pm
#42557	Mar 1-29	W	9:00am-1:00pm
#42558	Apr 5-26	W	9:00am-1:00pm

Bridge Tournament

Location: Pullen Community Center
 Age: 55yrs and up. Partners required. Enjoy two days of bridge playing in a tournament. Class Fee: \$5

#42433	Jan 19-20	Th-F	1:30-4:30pm
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Card Night for Adults

Location: Millbrook Exchange Community Ctr
 Age: 55yrs and up. Want a place to play cards? Come out to Millbrook and play a hand of cards and socialize with friends. Class will not meet on City Holidays.

#40942	Jan 6-Apr 28	F	7:00-9:00pm
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Golden Circle Senior Club

Location: Lions Park Community Center
 Age: 55-110yrs. Come out and enjoy a day full of fellowship, fun and food. Seniors who love to be active, go on trips, listen to speakers and have lots of fun this group is for you. We meet every first Monday of each month. Class Fee: \$0

#42877	Jan 2	M	10:00am-12:30pm
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Lions Park Senior Club

Location: Lions Park Community Center
 Age: 55yrs and up. Join a group of friendly seniors for a grand time. If you like to travel, sing, dine on good food, keep up with the latest social events and have fun come join us. See club president on more information for more information. Class Fee: \$0

#42878	Jan 4-25	W	10:00am-12:00pm
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Pullen Park Golden Age Club

Location: Pullen Community Center
 Age: 55yrs and up. This club is one of the 44 clubs in Raleigh, and the members meet every Wednesday. Activities include bridge and other card games; luncheons, and special events. We welcome new members. Annual dues are \$12.

#41023	Jan 4-Apr 26	W	9:30am-12:00pm
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Senior Bingo

Location: Roberts Park Community Center
 Age: 55yrs and up. Spell B-I-N-G-O horizontally, vertically or diagonally and win great prizes. Cost is \$2 for 3 cards. Class Fee: \$2

#42730	Jan 17	T	11:30am-1:00pm
#42731	Feb 21	T	11:30am-1:00pm
#42732	Mar 21	T	11:30am-1:00pm
#42733	Apr 18	T	11:30am-1:00pm

Senior Citizens Club

Location: Roberts Park Community Center
 Age: 55yrs and up. A social club for persons 55 and older. Activities include trips, educational and physical activities, banquets, movies, music, guest speakers, special events and more. Class Fee: \$2

#42742	Jan 3-31	T	11:00am-12:30pm
#42743	Feb 7-28	T	11:00am-12:30pm
#42744	Mar 7-28	T	11:00am-12:30pm
#42745	Apr 4-11	T	11:00am-12:30pm

Senior Club - Art of Happiness

Location: Ralph Campbell Community Center
 Age: 55yrs and up. Join other Seniors for a variety of activities including lunches, shopping, visiting rest home residents, movies, celebrations of birthdays, arts and crafts, fun and field trips. Class Fee: \$0

#43016	Jan 12-May 11	Th	10:30am-12:00pm
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Senior Club - Best is Yet to Be

Location: Non-City Owned Site
 Age: 55yrs and up. This senior club meets on the 1st and 3rd Fridays at 10:00am at the Powell Drive Community Center. 740 Powell Drive. Class Fee: \$0

#42800	Jan 6-Apr 21	F	10:00am-12:00pm
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Senior Club - Capital Towers Club

Location: Non-City Owned Site

Age: 55yrs and up. This senior club meets on the 1st and 3rd Wednesday of each month. Class Fee: \$0
#42801 Jan 4-Apr 19 W 10:00am-12:00pm

Senior Club - Caraleigh Club

Location: Non-City Owned Site

Age: 55yrs and up. This senior club meets on Tuesdays at 10:00am at the Caraleigh Community Center. Class Fee: \$0
#42802 Jan 3-Apr 25 T 10:00am-12:00pm

Senior Club - Carolina Pines

Location: Carolina Pines Community Center

Age: 55yrs and up. Join this group of Seniors as they meet once per month for fun and fellowship. Individuals are invited to join us for trips, seminars, bingo, entertainment, home cooked meals, restaurant visits, tours and anything else we plan to do. (Carolina Pines Senior Club will now meet at Saint Barnabus Church Dues \$10 per year. Call Carolina Pines for schedule 831-6435. Class Fee: \$0

Senior Club - Fellowship Club

Location: Non-City Owned Site

Age: 55yrs and up. This senior club meets on the 2nd and 4th Tuesday at 10:00am at the West Raleigh Presbyterian Church. 27 Horne St. Class Fee: \$0
#42990 Jan 10-Apr 25 T 10:00am-12:00pm

Senior Club - Glenwood Towers Club

Location: Non-City Owned Site

Age: 55yrs and up. This Senior Club meets on the 2nd and 4th Wednesday at 10:00 in the Glenwood Towers Apartment Complex. 509 Glenwood Avenue. Class Fee: \$0
#42803 Jan 11-Apr 26 W 10:00am-12:00pm

Senior Club - Glenwood South Senior Club

Location: Non-City Owned Site

Age: 55yrs and up. This senior club meets on the 2nd Monday at 10:00am at the North Street Baptist Church. 400 N. Boylan Ave. Class Fee: \$0
#42804 Jan 9-Apr 10 M 10:00am-12:00pm

Senior Club - Glorious Keen-Agers

Location: Non-City Owned Site

Age: 55yrs and up. This Senior Club meets on the 1st and 3rd Thursday at 9:00am in The Glorious Church. 725 Glascock St. Class Fee: \$0
#42805 Jan 5-Apr 20 Th 9:00am-12:00pm

Senior Club - Go Getters Club

Location: Non-City Owned Site

Age: 55yrs and up. This senior club meets on the 2nd and 4th Thursday at 9:30am at Stonehenge Apartments Club House. 7303 Hiherye Ct. Class Fee: \$0
#42806 Jan 12-Apr 27 Th 9:30am-12:00pm

Senior Club - Golden Oaks Club

Location: Non-City Owned Site

Age: 55yrs and up. This club meets Monday and Friday at 10:00am at the YMCA - Hargett

Street. 554 E. Hargett St. Class Fee: \$0

#42807 Jan 2-Apr 28 M,F 10:00am-12:00pm

Senior Club - Grand Age Club

Location: Non-City Owned Site

Age: 55yrs and up. This senior club meets on Thursdays at 11:15am at Hayes Barton United Methodist Church. 2209 Fairview Rd. Class Fee: \$0
#42808 Jan 5-Apr 27 Th 11:15am-1:00pm

Senior Club - Jenkins Memorial Club

Location: Non-City Owned Site

Age: 55yrs and up. This senior club meets on Tuesdays at 11:00am at Jenkins Memorial United Methodist Church. 725 North Boylan Ave. Class Fee: \$0
#42798 Jan 3-Apr 25 Tu 10:30am-12:00pm

Senior Club - Keenagers Club

Location: Non-City Owned Site

Age: 55yrs and up. This senior club meets on Thursdays at 10:30am at White Memorial Presbyterian Church. 1704 Oberlin Rd. Class Fee: \$0
#42809 Jan 5-Apr 27 Th 10:30am-1:00pm

Senior Club - Lilacs Club

Location: Non-City Owned Site

Age: 55yrs and up. This senior club meets on the 1st and 3rd Thursdays at 11:00am at Wake Chapel Baptist Church. 4509 Bland Road. Class Fee: \$0
#42810 Jan 5-Apr 20 Th 11:00am-1:00pm

Senior Club - Parkview Manor Senior Club

Location: Non-City Owned Site

Age: 55yrs and up. This senior club meets on the 2nd Tuesday of the month at 2:00pm at Parkview Manor Apartments. 911 N. Blount St. Class Fee: \$0
#42811 Jan 10-Apr 11 T 2:00-4:00pm

Senior Club - Prime Timers Club

Location: Non-City Owned Site

Age: 55yrs and up. This senior club meets on the 3rd Thursday of each month at 10:30am at Hillyer memorial Christian Church. 718 Hillsborough St. Class Fee: \$0
#42887 Jan 19-Apr 20 Th 10:30am-12:00pm

Senior Club - Quail Hollow Club

Location: Non-City Owned Site

Age: 55yrs and up. This senior club meets on Wednesdays at 9:45am at The Eastgate Community Center. 4200 Quail Hollow Drive. Class Fee: \$0
#42799 Jan 4-Apr 26 W 9:45am-10:00pm

Senior Club - Raleigh Catholic Golden Age Club

Location: Non-City Owned Site

Age: 55yrs and up. This senior club meets on the 1st Sunday of the month at 2:00pm at St. Joseph's Catholic Church. 630 S. Peartree Lane. Class Fee: \$0
#42890 Jan 1-Apr 2 Su 2:00-4:00pm

Senior Club - Senior Teenagers

Location: Non-City Owned Site

Age: 55yrs and up. This senior club meets

on Tuesday and Thursday at 10:00am at the YMCA - Garner Road. 2235 Old Garner Rd. Class Fee: \$0

#42891 Jan 3-Apr 27 T,Th 10:00am-12:00pm

Senior Club - Sir Walter Club

Location: Non-City Owned Site

Age: 55yrs and up. This senior club meets on the 1st Monday of the month at 7:00pm at the Sir Walter Apartments. 400 Fayetteville Street Mall. Class Fee: \$0
#42892 Jan 2-Apr 3 M 7:00-9:00pm

Senior Club - Tabernacle 55+ Club

Location: Non-City Owned Site

Age: 55yrs and up. This senior club meets on the 1st and 3rd Thursday of the month at 11:30am at the Tabernacle Baptist Church. 8304 Leesville Rd. Class Fee: \$0
#42893 Jan 5-Apr 20 Th 11:30am-1:30pm

Senior Club - Thirty-Niners Club

Location: Non-City Owned Site

Age: 55yrs and up. This senior club meets on Thursdays at 10:30am at First Baptist Church. 99 N. Salisbury St. Class Fee: \$0
#42977 Jan 5-Apr 27 Th 10:30am-12:00pm

Senior Club - Wakefield Gardens Senior Club

Location: Non-City Owned Site

Age: 55yrs and up. This senior club meets on the 2nd and 4th Wednesday of the month at 1:00pm at The Gardens at Wakefield Apartments. 12800 Spruce Tree Way. Class Fee: \$0
#42979 Jan 11-Apr 26 W 1:00-3:00pm

Senior Club - Wakefield Villagers Club

Location: Non-City Owned Site

Age: 55yrs and up. This senior club meets on the 2nd and 4th Tuesday of each month at 9:00am at the Villages of Wakefield Clubhouse. 12650 New Falls of Neuse Rd. Class Fee: \$0
#42994 Jan 10-Apr 25 T 9:00am-12:00pm

Senior Club - Watts Chapel Club

Location: Non-City Owned Site

Age: 55yrs and up. This senior club meets at Watts Chapel Baptist Church on the 1st and 3rd Tuesdays of each month at Watts Chapel Baptist Church. 3703 Tryon Road. Class Fee: \$0
#42981 Jan 3-Apr 18 T 10:30am-12:00pm

Senior Club - Young at Heart Club

Location: Non-City Owned Site

Age: 55yrs and up. This senior club meets on the 2nd and 4th Wednesday of the month at 10:00am at Whitaker Mill Senior Center. 401 E. Whitaker Mill Rd. Class Fee: \$0
#42984 Jan 11-Apr 26 W 10:00am-12:00pm

Lake Lynn Seniors

Location: Lake Lynn Community Center

Age: 55yrs and up. Come and join your fellow neighborhood seniors for a weekly meeting. This group enjoys wonderful speakers

Lake Lynn Seniors continued next page —

Lake Lynn Seniors continued —

and takes field trips throughout the course of the year. They meet at Lake Lynn on the 1st, 3rd and 4th Tuesday of each month. The 2nd Tuesday they meet off site. Class Fee: \$0
#42720 Jan 3-Apr 25 T 9:30am-12:00pm

Seniors - Gamesters

Location: Lake Lynn Community Center
Age: 55yrs and up. Our seniors at Lake Lynn know how to have fun. They love their sports, games, ping pong and cards. Come join them! Class Fee: \$0
#42724 Jan 3-Apr 25 T 6:00-10:00pm
Jan 7-Apr 29 Sa 9:00-11:00am

Seniors Club - Laurel Hills

Location: Laurel Hills Community Center
Age: 55yrs and up. Join the Laurel Hills Senior Club as they meet weekly to play bridge in a fun and relaxed atmosphere. New participants are welcome to join us anytime! Class Fee: \$0
#41837 Jan 3-Apr 25 T 10:00am-12:30pm

Family**Art - Special Bear Slumber Party**

Location: Optimist Community Center
Age: 4-7yrs. Come to class dressed in your favorite PJ's and make your very own stuffed bear along with enjoying popcorn and refreshments. Each child will be supplied an unstuffed teddy bear, birth certificate, and outfit. Guardians are encouraged to stay and participate. Class Fee: \$20
#42685 Feb 17 F 6:30-7:30pm
#42686 Mar 17 F 6:30-7:30pm
#42691 Apr 21 F 6:30-7:30pm

Bingo Madness

Location: Walnut Terrace Community Center
Age: 6-17yrs. Join us for an evening of BINGO fun and excitement. Prizes will be given for all game winners. Class Fee: \$1
#43449 Jan 18 W 7:00-8:30pm
#43450 Feb 22 W 7:00-8:30pm
#43451 Mar 22 W 7:00-8:30pm
#43452 Apr 19 W 7:00-8:30pm

Chocolate Lovers

Location: Walnut Terrace Community Center
Age: 10-99yrs. Got a sweet tooth or do you know someone who has one? Want to personalize this year's Valentine gift? This class is the perfect opportunity for you to do both. Come learn how to make the simplest chocolate candies. Must preregister. Class Fee: \$12
#43459 Feb 13 M 10:00am-12:00pm

Drum Circles

Location: Lake Johnson
Age: 6yrs and up. Drum circles are a growing phenomenon across the U.S. and have been likened to 'rhythm parties' at which no musical expertise is necessary to join in the fun. No experience is necessary. Loaner drums are usually available—feel free to drop by and sit in. Everyone has something

to offer the circle and all are welcome. Drum circles meet every 1st and 3rd Monday of the month. Class Fee: \$2
#42344 Jan 9-Apr 17 M 7:00-9:00pm

Eggstravaganza

Location: Millbrook Exchange Community Ctr
Age: 1yrs and up. Come out to Millbrook Exchange to enjoy some fun pre-egg hunt activities. Bring your favorite Bunny and Basket. We will be having a contest for the cutest Bunny and most creative Basket. We will also be offering a craft project. Please register in advance. Class Fee: \$0
#42870 Apr 8 Sa 10:30-11:00am

Eggcellent Breakfast

Location: Jaycee Community Center
Age: Up to 10 yrs. Come and join us for an Eggcellent Breakfast the morning of March 19 before our annual Egg Hunt! It is sure to be a fun-filled family event. We will begin the morning with a donut breakfast. After breakfast, you and your child will make creative egg hunting baskets. Breakfast will begin at 8:30am. Pre-registration is required for the breakfast and basket craft. Join us afterwards for our annual Egg Hunt at 11am. This is a family event. Children are to be accompanied by a parent. Class Fee: \$0
#42639 Apr 8 Sa 8:30-11:30am

Fun Family Game Night

Location: Lions Park Community Center
Age: 4yrs and up. A special night out for families to participate in a number of fun athletic activities as a family. We will register three to six families to participate in activities such as: free throw shooting, soccer kick, football throw, relay race, etc. The family will be scored as a group. Program meant to encourage family play and team work. Class Fee: \$20
#41345 Mar 30 Th 6:00-8:00pm
#41346 Apr 13-May 4 Th 6:00-8:00pm

Game Night

Location: Carolina Pines Community Center
Age: 7yrs and up. Got games? We Do! On select Fridays this spring bring out the whole family for an evening of board games. Participants will have the opportunity to play each other or other families. Class Fee: \$0
#41800 Jan 27 F 6:00-8:00pm
#41801 Feb 24 F 6:00-8:00pm
#41802 Mar 24 F 6:00-8:00pm
#41803 Apr 28 F 6:00-8:00pm

Martin Luther King Salute

Location: Ralph Campbell Community Center
Age: 5yrs and up. A salute to Martin Luther King Jr. The program will include readings, speeches, video and refreshments. We will have a March against drugs and violence. Class Fee: \$0
Martin Luther King Jr. Salute
#43039 Jan 18 W 7:00-8:00pm

Spring Fest/Fiesta de Primavera

Location: Peach Road
Age: 1yrs and up. Come join us for a spring welcoming celebration. Enjoy plenty of fun

activities, games, music, free food and prices. Learn about the different agencies and programs available in our community. This event is offered in conjunction with the City of Raleigh Community Services Department. Vengan a celebrar la bienvenida de primavera! Disfrute en abundancia las divertidas actividades, música, comida gratis y premios. Aprenda acerca de las diferentes organizaciones y programas disponibles en nuestra comunidad. Este evento es ofrecido conjuntamente con el Departamento de Servicios Comunitarios y de la Ciudad de Raleigh. Class Fee: \$0
#40961 Apr 1 Sa 10:00am-2:00pm

Specialized Recreation**Youth****Exploring Aquatic Life**

Location: Durant Nature Park
Age: 8-12yrs. This is a fun and educational activity for youth and teens with developmental and/or physical disabilities who can function on a 1:4 ratio. Explore the lake in search of tadpoles, crayfish, water scorpions and dragonfly nymphs. We will learn about various aquatic life that can be found in the lake and hopefully see some water critters in their natural habitat. Participants must be able to walk short distances or be easily mobile along wheelchair accessible paths. For more information, please contact Stephanie Stancil at 831-6640 ext 6849. Class Fee: \$2
#42424 Apr 30 Su 1:00-2:30pm

School Vacation - Aquatic Fun Days

Location: Lake Wheeler
Age: 6-16yrs. Join us for fishing, boating and other fun activities at Lake Wheeler. This exciting program is designed for youth and teens with developmental and/or physical disabilities. Have fun on your teacher workdays! Participants must be able to function independently on a 1:4 ratio and will be divided into age groups. Please bring a bag lunch, 2 snacks and weather appropriate clothing. Pickup and drop off is available at Wade Avenue at 8:30am and 4pm. Please indicate if you plan on using this transportation. For more information, please contact Stephanie Stancil at 831-6640 ext 6849. Class Fee: \$20
#42796 Apr 3 M 9:00am-3:30pm
#42797 Apr 17 M 9:00am-3:30pm

School Vacation Recreation

Location: Jaycee Park
Age: 6-16yrs. Come spend your teacher work days with us! Participants will enjoy a day of fun with their peers. We will participate in a variety of recreational activities and field trips. Participants will be divided into groups

according to age. Some activities may require an additional fee, which will be collected upon drop off. Participants should bring 2 snacks and a lunch. Participants must be able to function independently on a 1:4 ratio. This course is for youth with special needs. For more information, contact Jennifer Tabery at 831-6640 ext 6848. Class Fee: \$20

#41158	Jan 23	M	8:00am-5:00pm
#41159	Feb 20	M	8:00am-5:00pm
#41160	Feb 21	T	8:00am-5:00pm

Youth Recreational Bowling

Location: Non-City Owned Site
Age: 6-16yrs. This bowling program is recreational in nature and provides a fun and exciting place for youth with developmental and/or physical disabilities to participate in a bowling league. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability, and style of bowling. Cost includes 18 games of bowling and shoe rental. Siblings are also allowed to join this program. For more information, contact Jennifer Tabery at 831-6640 ext 6848. Class Fee: \$40

AMF South Hills

#41281	Jan 21-Mar 18	Sa	12:00-1:30pm
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AMF Capital

#41282	Jan 28-Mar 25	Sa	12:00-1:30pm
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Teen

James & the Giant Peach

Location: Wade Ave. Administrative Office Bldg.
Age: 8-16yrs. This program is for youth with developmental and/or physical disabilities. Join us for an evening out on the town! We will enjoy dinner at a local restaurant and then go to Raleigh Little Theatre to see their production of the childhood favorite, James & the Giant Peach. Participants will need to bring \$10-\$15 for dinner. For more information on this program, please contact Jennifer Tabery at 831-6640 ext 6848. Class Fee: \$6.50

#42425	Mar 9	Th	5:30-10:00pm
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SELF Afterschool Program

Location: Millbrook Exchange Community Ctr
Age: 12-16yrs. The SELF afterschool program is for youth with developmental and/or physical impairments. Participants must be able to display appropriate behavior and function independently on a 1:4 ratio. Program is held based on the Wake County Traditional school calendar. The program will not meet on early dismissal days, dismissal due to inclement weather, holidays, or teacher work days. No refunds will be granted for days missed or cancelled due to vacation, illness, suspension, or inclement weather. Must provide own transportation. Please contact Jennifer Tabery at 831-6640 for registration and eligibility information. Class Fee: \$10 a day

#41582	Jan 3-30	M-F	3:00-6:00pm
#41583	Jan 30-Feb 24	M-F	3:00-6:00pm
#41584	Feb 27-Mar 24	M-F	3:00-6:00pm
#41585	Apr 4-May 1	M-F	3:00-6:00pm
#41586	May 1-26	M-F	3:00-6:00pm
#41587	May 29-Jun 23	M-F	3:00-6:00pm

Youth Club

Location: Method Road Community Center
Age: 12-21yrs. This club is designed for individuals in middle school or high school, with developmental and/or physical disabilities who can function independently on a 1:4 ratio. The club meets at least one time per month for recreation, leisure, social and community interest activities. An array of activities ranging from movies, dinner, local sporting events, overnight trips, etc. will be decided on by the club members. The focus of the club is to perpetuate friendships and leisure awareness through increased social activity. For those adults 17-21yrs that are still in school, you have the choice of participating in either Youth Club or Wildcats. Due to limited space, you will not be allowed to participate in both clubs' activities. If you are not sure which club to sign up for, please contact the instructor. Cost and registration will be individual for each activity. Anyone interested should contact Jennifer Tabery at 831-6640, ext 6848 for more information. Class Fee: \$5

#41275	Jan 20	F	6:00-7:30pm
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Adult

Adult Recreational Bowling

Location: Non-City Owned Site
Age: 17yrs and up. This bowling program is recreational in nature and provides a fun and exciting place for adults with developmental and/or physical disabilities to participate in a bowling league. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability, and style of bowling. Cost includes 18 games of bowling and shoe rental. For more information, contact Carmen Rayfield at 831-6640 ext 6845. Class Fee: \$40

AMF South Hills

#41278	Jan 21-Mar 18	Sa	10:00am-12:00pm
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AMF Capital Lanes

#41279	Jan 28-Mar 25	Sa	10:00am-12:00pm
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Aerobics - Move that Body

Location: Jaycee Community Center
Age: 17yrs and up. This program is designed for adults with developmental and/or physical disabilities or anyone needing low impact exercise. Come join your friends, get into shape or just stay in shape with aerobics. Go at your own pace, high, low or just go with the flow. There is no one-on-one assistance available for this program. Family members, friends and even workers are welcome. For more information on this program, contact Carmen Rayfield at 831-6640 ext 6845. Class Fee: \$20

#42355	Jan 18-Feb 15	W	6:30-7:30pm
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Aquatic Sport and Supper Series

Location: Wade Ave. Administrative Office Bldg.
Age: 16yrs and up. This program is designed for teens and adults with developmental and/or physical disabilities. We will be attending an aquatic sporting event and

dining together. For more information, please contact Stephanie Stancil at 831-6640 ext 6849. Class Fee: \$5

#42775	Jan 21	Sa	10:30am-2:00pm
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Basic Cooking Class

Location: Jaycee Community Center
Age: 17yrs and up. This program is designed for adults with developmental and/or physical disabilities. Come and learn how to plan a menu and cook a meal for you and your friends. This program will teach you the basics on how to plan a menu, read a recipe, measure ingredients, and prepare a basic meal. Participants will then enjoy a social time with their classmates while eating the meal they prepared. Individuals with a one-on-one staff are welcome. For more information, contact Carmen Rayfield at 831-6640 ext 6845. Class Fee: \$50

#42356	Jan 31-Feb 28	T	6:15-7:45pm
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Chair Aerobics

Location: Jaycee Community Center
Age: 17yrs and up. This program is designed for individuals who are wheelchair bound or have difficulty with standing/balance. Come and get that body moving. This class will focus on stretching, extended reaching and low aerobic movements. Class Fee: \$15

#42360	Apr 6-27	Th	6:00-6:45pm
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Dinner and a Show

Location: Wade Ave. Administrative Office Bldg.
Age: 17yrs and up. Enjoy a dinner and a theatre play with your friends. The group will enjoy a dinner at a local restaurant followed by a play at the Raleigh Little Theatre. The restaurant will be decided on by staff prior to the show. This program is designed for adults with developmental and/or physical disabilities who can function on a 1 to 4 ratio. Participants with a one-on-one are welcome, please contact Carmen Rayfield at 831-6640 ext 6845. Participants will be responsible for the cost of their dinner approximating at \$10, transportation and ticket included in the class fee. Class Fee: \$5

#43928	Feb 9	Th	6:30-10:00pm
#43930	May 4	Th	6:30-10:00pm

Dragon Club Meeting

Location: Jaycee Community Center
Age: 21yrs and up. This club is for adults with developmental and/or physical disabilities who can function independently on a 4:1 ratio or for individuals that have one-on-one assistance. The club meets at least one time a month for a variety of recreation, leisure, community and social activities that are suggested and decided on by the club members. Members will determine the activities, schedule, etc., ranging from dinner and movies to an overnight trip. The focus of the club is to provide community awareness, increase social activities and interests along with developing and enhancing friendships

Dragon Club Meeting continued next page —

Dragon Club Meeting continued —

and a sense of belonging. Fee for this meeting is established to cover the cost of dinner & activities provided at the meeting, it is not a membership fee. If you are already a member you must register to attend the meeting. For more information, contact Carmen Rayfield at 831-6640 ext 6845. Class Fee: \$6.50

#42352 Jan 24 T 6:00-8:00pm

Holiday Arts/Crafts

Location: Jaycee Community Center
Age: 17yrs and up. This program is designed for adults with developmental and/or physical disabilities. This program will provide an opportunity to work with your hands making a variety of art gifts for you or family members which may including: pottery, ceramics, bead work, woodwork, painting and/or stenciling. Great holiday gift ideas. There is no one-on-one assistance provided for individuals by our staff for this program. For more information, contact Carmen Rayfield at 831-6640 ext 6845. Class Fee: \$40

#42350 Apr 4-25 T 6:00-7:00pm

Holiday Dances

Location: Non-City Owned Site
Age: 17yrs and up. Come and enjoy a night out with your friend dancing the night away. This program is for adults and older teens with developmental and/or physical disabilities. Refreshments will be offered. Participants with one-on-one workers are welcome. Register early or pay at the door, receipts will be available. This dance will be held at YWCA 1012 Oberlin Rd. For more information, contact Carmen Rayfield at 831-6640 ext 6845. Class Fee: \$4

Valentine Dance

#42358 Feb 17 F 7:00-10:00pm

Spanish Dance

#42359 Apr 7 F 7:00-10:00pm

Line Dance Your Way to Fitness

Location: Jaycee Community Center
Age: 17yrs and up. This program is designed for adults with developmental and/or physical disabilities. Come learn some new dance moves while you get into shape. This line dancing class will include Country as well as Hip Hop. Family members, friends and workers are welcome. Contact Carmen Rayfield at 831-6640 ext 6848 for more information on this program. Class Fee: \$20

#42354 Feb 27-Mar 27 M 6:30-7:30pm

Scrapbooking for Adults

Location: Jaycee Community Center
Age: 17yrs and up. This program is for beginners needing techniques in scrapbooking or for those just looking for a place to work on their scrapbook. Learn to create a photo album with your pictures of family and friends, including organizing, designing

and decorating the pages of your album. Photo album, pages, pens/markers and stickers are all acid free which will protect your photos from discoloring. Already know how to scrapbook? Come and join us and work on ongoing photo album projects. You can purchase a photo album the first day of the class for an additional cost. For prices call Carmen Rayfield 831-6640 ext 6845. Class Fee: \$20

#42357 Mar 2-23 Th 6:00-7:30pm

Wildcats Club Meeting

Location: Jaycee Community Center
Age: 17-24yrs. This club is opened for the young adults with developmental and/or physical disabilities who can function independently on a 4:1 ratio or for individuals that have one-on-one assistance. The club meets at least every other month for a variety of recreation, leisure, community and social activities that are suggested and decided on by the club members. Members will determine the activities, schedule, etc., ranging from dinner and movies to an overnight trip. The focus of the club is to assist with transition from youth activities/programs to adult activities/programs. Fee for this meeting is established to cover the cost of dinner and activities provided at the meeting, it is not a membership fee. If you are already a member you may participate in this club and either Youth or Dragon. For more information, contact Carmen Rayfield at 831-6640 ext 6845. Class Fee: \$6.50

#42353 Jan 30 M 6:30-7:30pm

Family**Instructional Swim**

Location: Pullen Aquatic Center
Age: 4yrs and up. Classes are designed to serve the aquatic interest of individuals who are developmentally disabled (EMD, TMD, SMD, MU, or Autistic) or physically impaired. The focus is placed on aquatic therapy, exercise, swim skills, recreation, and water adjustment skills. Individual goals are set for participants in order to meet specific ability levels. Classes are instructed on an individual basis and small group (1:1 or 1:2) basis depending on specific needs of the participants. Lap lanes will not be available for this course. For more information, contact Stephanie Stancil at 831-6640, ext 6849. Class Fee: \$60

Pullen

#42284 Jan 10-Feb 2 T,Th 6:00-6:30pm
#42285 Jan 10-Feb 2 T,Th 6:45-7:15pm
#42286 Jan 10-Feb 2 T,Th 7:30-8:00pm
#42377 Mar 7-30 T,Th 3:45-4:15pm
#42378 Mar 7-30 T,Th 4:30-5:00pm
#42379 Mar 7-30 T,Th 5:15-5:45pm

Optimist

#42287 Feb 6-Mar 1 M,W 3:45-4:15pm
#42288 Feb 6-Mar 1 M,W 4:30-5:00pm
#42289 Feb 6-Mar 1 M,W 5:15-5:45pm

Sports**General Preschool****All Sport - Kinder Sport Lunch Bunch**

Location: Jaycee Community Center
Age: 4-6yrs. Bring a lunch and have a picnic with us! And then, RELEASE some ENERGY! A variety of sports are taught depending on the weather and class level including kickball, t-ball, football, soccer, or hockey. Class Fee: \$32

#42474 Jan 4-25 W 12:30-2:00pm
#42475 Feb 1-22 W 12:30-2:00pm
#42476 Mar 1-22 W 12:30-2:00pm
#42477 Apr 5-26 W 12:30-2:00pm

Cheerleading - Little Pom Poms

Location: Lake Lynn Community Center
Age: 3-5yrs. Pom Pom routines that are very easy to follow and learn. Exciting cheer dance steps incorporating spins, swirls, stunts, calls, weaves, squats, chants, bunnies and rotations will be taught. Class is designed to promote fun and fitness. Class Fee: \$42

#43036 Mar 6-27 M 2:15-3:00pm
#43037 Apr 3-24 M 2:15-3:00pm

Daddy and Me Sports Zone

Location: Laurel Hills Community Center
Age: 3-5yrs. Dads, it's your morning to shine! You and your little one will grow closer as you both make new friends, have fun, and play group games that will improve hand-eye coordination, muscular skills and balance. Class Fee: \$36

#41822 Jan 7-28 Sa 9:30-10:15am
#41823 Feb 4-25 Sa 9:30-10:15am
#41824 Mar 4-25 Sa 9:30-10:15am
#41825 Apr 1-29 Sa 9:30-10:15am

Kidsports

Location: Green Road Community Center
Age: 3-5yrs. Want to try several sports? Kidsports lets you experience four different games. Sports could include baseball, soccer, basketball, hockey or many others. Class Fee: \$30

#41990 Feb 2-23 Th 5:45-6:30pm
#42009 Mar 24-Apr 28 F 1:15-2:00pm

Lacrosse - Kinderlacrosse

Location: Optimist Community Center
Age: 4-5yrs. An introductory sports class that focuses on the fundamental skills of lacrosse. Participants will be introduced to lacrosse skills such as catching, feeding, passing, scooping, and shooting in a safe, non-competitive environment. Class Fee: \$35

#41367 Jan 10-31 T 5:00-5:45pm

Sports - Dribble, Kick, Shoot & Swing

Location: Lake Lynn Community Center
Age: 4-5yrs. An introduction to basketball, soccer, t-ball and floor hockey for your preschooler. Class will stress lots of movement.

Hand-eye coordination and social skills will be developed. Class Fee: \$30

#42934	Jan 24-Feb 14	T	11:15am-12:00pm
#42935	Mar 2-23	Th	12:15-1:00pm
#42936	Apr 3-24	M	5:30-6:15pm

Sports - Kindersports

Location: Optimist Community Center

Age: 4-5yrs. A wonderful introductory sports class that focuses on fundamental skills of a different sport each week. Participants will be introduced to soccer, baseball, basketball, and football skills in a safe, non-competitive environment. Class Fee: \$35

#41369	Feb 7-28	T	5:00-5:45pm
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Sprout Sports

Location: Laurel Hills Community Center

Age: 3-5yrs. A skills development program for preschoolers that teaches a different sport each week. Some of these sports may include basketball, soccer, tennis and hockey. The class is taught in a fun, non-competitive atmosphere. Class Fee: \$36

#41815	Jan 5-26	Th	4:15-5:00pm
#41816	Feb 2-23	Th	4:15-5:00pm
#41817	Mar 2-23	Th	4:15-5:00pm
#41818	Apr 6-27	Th	4:15-5:00pm

Terrific Threes

Location: Jaycee Community Center

Age: 3yrs. Terrific Threes is a special class strictly for three year olds. The class is designed to enhance hand-eye coordination and confidence through sports such as soccer, basketball, t-ball, and other activities. This class is taught in a noncompetitive format. Class Fee: \$14

#42451	Jan 9-30	M	1:00-1:30pm
#42452	Feb 7-28	T	1:00-1:30pm
#42453	Mar 6-20	M	1:00-1:30pm
#42454	Apr 4-25	T	1:00-1:30pm

The Works Sports Class

Location: Millbrook Exchange Community Ctr

Age: 4-5yrs. Can't pick just one sport? This class is for the young sports enthusiasts wanting to learn about soccer, baseball, basketball, and football to give them an introduction to sports. Class Fee: \$35

#40954	Mar 18-Apr 8	Sa	2:15-3:00pm
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Volleyball - Kinder Volleyball

Location: Jaycee Community Center

Age: 4-6yrs. Taught in a noncompetitive atmosphere, Kinder Volleyball focuses on skills such as passing, hand-eye coordination, serving, and ball control. Class Fee: \$28

#42458	Feb 1-22	W	11:00-11:45am
#42459	Mar 1-22	W	11:00-11:45am

Preschool Baseball

Baseball - Kinder T-Ball

Location: Jaycee Community Center

Age: 4-6yrs. Diamond tough. Let's play ball! Come learn about batting, fielding, and base running in a non-competitive setting. Class Fee: \$28

#42444	Apr 6-27	Th	1:00-1:45pm
#42445	Apr 6-27	Th	4:00-4:45pm

Baseball - Lil' Fielders

Location: Carolina Pines Community Center

Age: 4-5yrs. Play Ball! This class will introduce students to the basic skills of T-ball baseball such as throwing, fielding, hitting from a tee and base running. This is a great start for those interested in playing in the spring T-ball league. Must register 4 days in advance of first class. Class Fee: \$28

#41768	Feb 6-27	M	5:15-6:00pm
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Baseball for Little Sluggers

Location: Millbrook Exchange Community Ctr

Age: 4-5yrs. Crack! It's going, going...gone! For the young baseball enthusiasts wanting to learn about the game and prepare for their first years of playing. Class Fee: \$35

#40947	Apr 6-27	Th	5:30-6:15pm
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Preschool Basketball

Basketball - KidsHoops

Location: Green Road Community Center

Age: 3-5yrs. Let's shoot some hoops! Skills and teamwork of Basketball are taught to the younger crowd. Drills, demonstrations, and games are used to get you in the game! Class Fee: \$30

#41835	Jan 13-Feb 3	F	1:15-2:00pm
#41836	Mar 2-23	Th	5:45-6:30pm

Basketball - Kinder Basketball

Location: Jaycee Community Center

Age: 4-6yrs. Taught in a noncompetitive atmosphere, Kinder basketball focuses on a variety of skills including dribbling, passing, shooting, and defense. Class Fee: \$28

#42446	Jan 5-26	Th	1:00-1:45pm
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Basketball - Kinderbasketball

Location: Optimist Community Center

Age: 4-5yrs. A wonderful introductory sports class that focuses on the fundamental skills of basketball each week. Participants will be introduced to basketball skills such as passing, dribbling, and shooting in a safe, non-competitive environment. Class Fee: \$35

#41364	Apr 4-25	T	5:00-5:45pm
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Basketball - Not So Short Shooters

Location: Laurel Hills Community Center

Age: 3-5yrs. A skills development sports program that teaches the basics of basketball including passing, dribbling, and shooting. Helps develop good hand/eye coordination as well as listening skills and good sportsmanship. Class Fee: \$36

#41838	Jan 10-31	T	4:15-5:00pm
#41841	Feb 7-28	T	4:15-5:00pm
#41839	Mar 7-28	T	4:15-5:00pm
#41840	Apr 4-25	T	4:15-5:00pm

Basketball - Teeny Hoops

Location: Lake Lynn Community Center

Age: 3yrs. Just for 3's. Strengthen hand-eye coordination while developing your basketball and social skills. This class is designed to help your child become familiar with basketball while also learning teamwork and

having fun! Class Fee: \$30

#42922	Jan 24-Feb 14	T	9:15-10:15am
#42923	Mar 1-22	W	1:15-2:00pm

Basketball - Tiny Hoops

Location: Lake Lynn Community Center

Age: 4-5yrs. Strengthen hand-eye coordination while developing your basketball and social skills. The class is designed to get your child familiar with basketball while learning teamwork and having fun! Class Fee: \$30

#42929	Jan 24-Feb 14	T	10:15-11:00am
#42930	Mar 1-22	W	2:15-3:00pm
#42931	Apr 4-25	T	5:30-6:15pm

Basketball Tots

Location: Chavis Community Center

Age: 3-5yrs. Pre-schoolers will be introduced to the basics of basketball through drills and fundamentals. Pre-registration is required. Class Fee: \$5

#43671	Jan 5-26	Th	11:00-11:45am
#43672	Mar 2-23	Th	11:00-11:45am

Basketball - Two's Sport Zone

Location: Laurel Hills Community Center

Age: 18-24mths. A great way to play with balls while learning about the basics of basketball on a toddler's level. Little shooters will enjoy the tiny hoop games, touch in go dribbling, catch, pass, and more motor skill development fun. Wonderful for social skills and fitness! Class Fee: \$36

#43133	Jan 5-26	Th	11:30am-12:15pm
#43135	Mar 2-23	Th	11:30am-12:15pm

Basketball for Little Dribblers

Location: Millbrook Exchange Community Ctr

Age: 4-5yrs. This activity is for the young basketball enthusiasts wanting to learn about the game and prepare for their first years on the court. This program will work on basic skills of dribbling, passing and shooting. Class Fee: \$35

#40949	Apr 5-26	W	5:30-6:15pm
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Basketball - Lil' Dribblers

Location: Carolina Pines Community Center

Age: 4-5yrs. In this beginners class students will learn the fundamental basketball skills such as dribbling, passing and shooting. This class helps build a solid foundation for those interested in signing up for the coming basketball seasons. Class Fee: \$28

#41776	Mar 13-Apr 3	M	5:15-6:00pm
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Preschool Football

Football for Little Linebackers

Location: Millbrook Exchange Community Ctr

Age: 4-5yrs. Hut one, hut two... hike! Go long! Touchdown! This class is for the young football enthusiasts wanting to learn about the game and prepare for their first years on the gridiron. Class Fee: \$35

#40951	Mar 31-Apr 21	F	5:45-6:30pm
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Preschool Football continued next page —

Preschool Football continued —

Football- Kinderfootball

Location: Optimist Community Center
Age: 4-5yrs. Children will learn basic football skills in a non contact, non competitive environment. Child self esteem will increase while athletic skills are developed. Skills to be worked on include passing, kicking, punting, catching, and running. Class Fee: \$35
#41368 Feb 2-23 Th 5:00-5:45pm

Preschool Golf

Golf - Kinder Golf I

Location: Jaycee Community Center
Age: 4-6yrs. Kinder Golf I is an introduction to golf. The basics of swing, putting, and grip will be discussed. Class Fee: \$28
Kinder Golf 1
#42447 Mar 2-23 Th 1:00-1:45pm

Golf - Little Putters

Location: Lake Lynn Community Center
Age: 4-6yrs. Let's learn about the great sport of golf! Children will learn how to putt and chip as they progress through the class. Focusing on fun is the main attraction. Class Fee: \$30
#42968 Apr 6-27 Th 11:15am-12:00pm

Preschool Hockey

Hockey - Kinder Indoor Hockey

Location: Jaycee Community Center
Age: 4-6yrs. Give indoor hockey a try! Bring your tennis shoes and be ready for some fun. We'll work on the fundamentals as we introduce you to this exciting, fast paced game. Class Fee: \$28
#42449 Feb 2-23 Th 1:00-1:45pm

Hockey - Kinderhockey

Location: Optimist Community Center
Age: 4-5yrs. An introduction to the sport of hockey, inside a gym off the ice. Come out and join in on the fun learning the basic fundamentals of hockey. Class Fee: \$35
#41366 Mar 30-Apr 27 Th 5:00-5:45pm

Hockey - Teeny Sticks 'n' Pucks

Location: Lake Lynn Community Center
Age: 3yrs. Just for 3 year olds, a sports program to teach the basic fundamentals of hockey in a fun and energetic way. Class Fee: \$30
#42941 Jan 25-Feb 15 W 1:15-2:00pm
#42942 Feb 28-Mar 21 T 9:15-10:00am

Hockey - Tiny Sticks 'n' Pucks

Location: Lake Lynn Community Center
Age: 4-5yrs. A sports program to teach the basic fundamentals of hockey. Come join us for loads of fun and burn some of that energy up! Class Fee: \$30
#42946 Jan 25-Feb 15 W 2:15-3:00pm
#42947 Feb 28-Mar 21 T 10:15-11:00am

Hockey Tots

Location: Chavis Community Center
Age: 3-5yrs. Pre-schoolers will be introduced to the sport of hockey through basic fundamentals and drills. Pre-registration is required. Class Fee: \$35
#43673 Feb 7-28 T 11:00-11:45am
#43674 Apr 4-25 T 11:00-11:45am

Preschool Soccer

Kinder Indoor Soccer

Location: Lions Park Community Center
Age: 4-6yrs. Beginners introduction to soccer which includes techniques in kicking, stopping the ball and dribbling with your feet. Class Fee: \$15
#43564 Apr 4-25 T 6:30-7:30pm

Soccer - Kidsoccer

Location: Green Road Community Center
Age: 3-5yrs. Goal! Want to learn the basics of soccer? Then come on out. Soccer skills taught and teamwork emphasized. Class Fee: \$30
#41829 Jan 5-26 Th 5:45-6:30pm
#42007 Feb 17-Mar 10 F 1:15-2:00pm

Soccer - Kinder Soccer

Location: Jaycee Community Center
Age: 4-6yrs. Taught in a noncompetitive atmosphere, Kinder Soccer focuses on skills such as dribbling, passing, kicking, and ball control. Class Fee: \$28
#42450 Apr 3-24 M 1:00-1:45pm

Soccer - Little Kickers

Location: Laurel Hills Community Center
Age: 3-5yrs. A recreational soccer program that includes drills such as passing, dribbling, and shooting that are designed to develop hand/eye/foot coordination as well as confidence in a fun, noncompetitive atmosphere. Class Fee: \$36
#41842 Jan 4-25 W 4:15-5:00pm
#41843 Feb 1-22 W 4:15-5:00pm
#41844 Mar 1-22 W 4:15-5:00pm
#41845 Apr 5-26 W 4:15-5:00pm
#41846 Jan 7-28 Sa 12:15-1:00pm
#41847 Feb 4-25 Sa 12:15-1:00pm
#41848 Mar 4-25 Sa 12:15-1:00pm
#41849 Apr 1-29 Sa 12:15-1:00pm

Soccer - Teeny Kicks

Location: Lake Lynn Community Center
Age: 3yrs. Develop your soccer and social skills in a fun learning environment. This class is designed to get your child familiar with soccer as well as the idea of teamwork while having fun! Class Fee: \$30
#42951 Feb 28-Mar 21 T 1:15-2:00pm
#42952 Apr 6-27 Th 9:15-10:00am

Soccer - Tiny Kicks

Location: Lake Lynn Community Center
Age: 4-5yrs. Develop your soccer skills and social skills in a fun learning environment. The class is designed to get your child familiar with soccer, not to teach advanced techniques. Class Fee: \$30
#42955 Feb 28-Mar 21 T 2:15-3:00pm
#42956 Apr 6-27 Th 10:15-11:00am

Soccer - Two's Sport Zone

Location: Laurel Hills Community Center
Age: 18-2mths. Parent and child come off the sideline and get into the game as you learn about soccer skills by participating in mini soccer drills and fun games. Play drop, dribble, kick, net goals and more. Benefits include hand-eye coordination, body awareness and socialization. Class Fee: \$36
#43136 Jan 5-26 Th 10:30-11:15am
#43137 Mar 2-23 Th 10:30-11:15am

Soccer for Little Kickers

Location: Millbrook Exchange Community Ctr
Age: 4-5yrs. For the young soccer enthusiasts wanting to learn about the game and prepare for their first years on the field. Class Fee: \$35
#40953 Mar 18-Apr 8 Sa 1:30-2:15pm

Soccer - Kindersoccer

Location: Optimist Community Center
Age: 4-5yrs. A wonderful introductory sports class that focuses on the fundamental skills of soccer. Participants will be introduced to soccer skills such as dribbling, passing, and shooting in a safe, non-competitive environment. Class Fee: \$35
#41362 Mar 7-28 T 5:00-5:45pm

Preschool T-Ball

T-Ball - Kindert-ball

Location: Optimist Community Center
Age: 4-5yrs. A wonderful introductory sports class that focuses on the fundamental skills of T-ball each week. Participants will be introduced to baseball skills such as throwing, catching, and hitting in a safe, non-competitive environment. Class Fee: \$35
#41359 Jan 5-26 Th 5:00-5:45pm
#41361 Mar 2-23 Th 5:00-5:45pm

T-Ball - Teeny T's

Location: Lake Lynn Community Center
Age: 3yrs. A recreational sports program designed to introduce your 3-year-old to the basic fundamentals of T-Ball. Just have fun! Class Fee: \$30
#42959 Mar 2-23 Th 1:15-2:00pm
#42960 Apr 4-25 T 9:15-10:00am

T-Ball - Tiny T's

Location: Lake Lynn Community Center
Age: 4-6yrs. A recreational sports program designed to teach children the basic fundamentals of T-ball. Class Fee: \$30
#42963 Mar 2-23 Th 2:15-3:00pm
#42964 Apr 4-25 T 10:15-11:00am

General Youth

Badminton - Kinder Badminton

Location: Jaycee Community Center
Age: 4-6yrs. Taught in a noncompetitive atmosphere, Kinder Badminton focuses on skills such as racquet control, serving, grip, and racquet-birdie contact. Class Fee: \$28
#42460 Feb 6-27 M 11:00-11:45am
#42461 Apr 7-28 F 11:00-11:45am

Ballin Basics 101

Location: Worthdale Community Center
 Age: 6-16yrs. Come out Saturday mornings and learn the fundamentals of the game of basketball. Each Saturday we will learn basic skills which involve dribbling, passing, defense and shooting. Even if you've played ball before you can still learn some new skills to get better. Class Fee: \$5

#43157	Jan 7-28	Sa	10:00-11:30am
#43158	Feb 4-25	Sa	10:00-11:30am
#43159	Feb 4-25	Sa	10:00-11:30am
#43160	Apr 7-28	Sa	10:00-11:30am

Baseball Fundamentals

Location: Millbrook Exchange Community Ctr
 Age: 6-9yrs. Come out and practice baseball fundamentals. Practice running bases, hitting, field position, and pitching. This class is geared to teach children the skills of baseball and fine tune their current abilities. Class Fee: \$35

#40948	Apr 10-May 1	M	5:30-6:15pm
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Co-Ed Kickball Day

Location: Sanderford Road Park
 Age: 9-14yrs. Come out and enjoy a good game of kickball in the park with your peers. Class Fee: \$0

#42168	May 3	W	7:00-8:00pm
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Football - Flag Football Tournament

Location: Peach Road
 Age: 9-17yrs. Join us on Saturday for the Peach Road Flag Football Tournament! Every team will play three or four games depending on the number of teams that sign up. There will be a first, second, and third place teams. You need to have 4 players on your team. Tendremos un torneo de futbol americano para la comunidad. Inviten a todos sus amigos. Necesita tener cuatro jugadores en su equipo. Class Fee: \$1

#40970	Jan 21	Sa	9:30am-1:00pm
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Sports Time

Location: Lake Lynn Community Center
 Age: 6-8yrs. Introduction to basketball, soccer, wiffleball, and floor hockey will be stressed in a fun, relaxed environment. Class Fee: \$30

#42970	Apr 3-24	M	6:30-7:15pm
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Volleyball for Youth

Location: Laurel Hills Community Center
 Age: 11-15 yrs. A four week program for boys and girls to introduce the basic skills of volleyball. The first part of each session will be instruction and drills for practice, followed by game play. Class Fee: \$40

#41617	Mar 2-23	Th	6:30-8:00pm
#41618	Apr 6-27	Th	6:30-8:00pm

Youth Lacrosse

Youth Lacrosse Leagues for the following grade levels: Boys grade 3 & 4, Boys grade 5 & 6, Boys grade 7 & 8, Girls grade 3-5, Girls grade 6-8, Girls grade 9-12. Registration is February 6-19, 2006. All skill levels encouraged. Practices will begin in early March with games to be played in April and May. Games

will be played at Halifax and Kiwanis Parks. Each participant is responsible for wearing protective equipment for all games and practices. Each participant must provide their own equipment which includes helmet, shoulder pads, gloves, elbow pads, stick, mouth guard and protective cup. The parks and Recreation Department may be able to assist in providing equipment to those individuals who may be unable to provide their own, due to financial hardship.

Youth boy's lacrosse - March 11-May 20

# 43903	grades 3 & 4
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# 43904	grades 5 & 6
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# 43905	grades 7 & 8
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Youth girl's lacrosse - March 11-May 20

# 43906	grades 3-5
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# 43907	grades 6-8
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# 43908	grades 9-12
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Youth Basketball**Basketball - 3-on-3 Tournament**

Location: Peach Road
 Age: 11-17yrs. Join us for this wonderful 3-on-3 basketball tournament. It will be a double elimination tournament. Refreshments will be served. Get all of your friends. Tendremos un torneo de baloncesto para la comunidad. Inviten a todos sus amigos! Class Fee: \$1

#40966	Mar 18	Sa	10:00am-1:00pm
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Basketball - Networks Drills & Thrills

Location: Green Road Community Center
 Age: 7-13yrs. Basketball success begins with individual skills. Young players want to have fun and get better. Our Networks staff is dedicated in helping players realize their potential while improving their fundamental skills through hard work, encouragement and a commitment to excellence. The Drills & Thrills Single Day Clinic is an opportunity for young players to have fun and get better in a safe, structured, enjoyable learning environment. Please join the Networks staff for a day of instruction, fun, skills, contests and competitive game situations. Early drop off is available starting at 8:00am and late pick-up is available until 5:00pm. Class Fee: \$35

#43497	Feb 21	T	9:00am-4:00pm
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Basketball - Networks Drills + Thrills

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#42390	Jan 23	M	9:00am-5:00pm
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Basketball - Spring Break Camp

Location: Laurel Hills Community Center
 Age: 7-13yrs. Spend your spring break at a basketball camp that features fast paced fundamentals and enjoyable situational play. Improve your skills, get your game on and have a lot of FUN! Instruction by NetWorks, Inc. Campers should bring two snacks and lunch each day. The program hours are from 9:00am-5:00pm, with early drop off at 8:00am and late pick up by 5:30pm. Class Fee: \$135

#42201	Mar 27-31	M-F	9:00am-5:00pm
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Basketball Court Stars

Location: Roberts Park Community Center
 Age: 10-12yrs. A Spring Basketball League for 10-12 year olds. May not turn 12 prior to June 10, 2006. Registration: March 1-12. Season begins: April 3. Games played on Mondays and Saturdays. Contracts and birth certificates required to participate. Class Fee: \$30

#43139	Apr 3-May 13	M,Sa	6:30-9:30pm
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Basketball Skills

Location: Millbrook Exchange Community Ctr
 Age: 6-9yrs. Join us as we improve on your 'skills' and the fundamentals of basketball. Dribbling, passing, shooting, one-on-one, offense, defense, and drills. Class Fee: \$35

#40950	Apr 5-26	W	6:30-7:15pm
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Building Blocks Basketball Camp

Location: Method Road Community Center
 Age: 7-14yrs. The purpose of this camp is for kids to receive some positive youth development as well as improve their basic skills on the basketball court. Campers will have the opportunity to work on drills that improve their dribbling, passing, shooting and defensive skills. In addition, counselors will help campers improve sportsmanship, self confidence, and self esteem. There will be pro athletes, high school, and AAU coaches that will come in and speak daily. There will also be a speaker who will come and discuss the benefits of healthy eating and making healthy decisions and how these things will impact the future of the campers. The ultimate goal is to build on youths strengths and to assist in their future development. Each camper will receive a T-shirt and a certificate. All registration must be done at Method Center and space is limited. This is a perfect program for Spring Break. Please call Method for a brochure. Class Fee: \$150

#43693	Mar 27-31	M-F	7:30am-5:00pm
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Dribblers

Location: Green Road Community Center
 Age: 5-6yrs. Designed for new players as well as players with some experience. Drills and scrimmages will be used to build upon and improve basketball skills. Class Fee: \$30

#41995	Apr 6-27	Th	5:45-6:30pm
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Youth Basketball continued next page —

Youth Basketball continued —

March Basketball Clinic

Location: Biltmore Hills Community Center
 Age: 7-12yrs. Basketball Clinic to help improve your skill level of play in basketball. You will learn how to pass, dribble, rebound and score more effectively by attending this clinic. Class Fee: \$10
 #42148 Mar 20-23 M-Th 7:00-8:00pm

Net Burners I

Location: Green Road Community Center
 Age: 7-9yrs. For boys and girls, Green Road Center offers 4 nights of basketball instruction. This clinic will concentrate on the fundamentals such as sportsmanship, defense and offense, positioning, and rules & regulations for the beginning and the more advanced basketball player. Class Fee: \$35
 #41993 Mar 2-23 Th 6:45-7:45pm

Net Burners II

Location: Green Road Community Center
 Age: 10-12yrs. For boys and girls, Green Road Center is offering on Thursday nights 4 weeks of basketball combining shooting skills and fundamentals. This class will include basic and advanced instruction of basketball skills. Individual fundamentals of ball handling, shooting, passing and dribbling will be stressed. Class Fee: \$35
 #41994 Apr 6-27 Th 6:45-7:45pm

Sports - Basketball Skills for Beginners

Location: Lake Lynn Community Center
 Age: 5-8yrs. This skills class will stress the fundamentals and having fun. We will teach the basics of the game, building on each child's individual abilities. Class Fee: \$30
 #42971 Apr 4-25 T 6:30-7:15pm

Sporty Sprouts

Location: Tarboro Road Community Center
 Age: 4-6yrs. Learn the basic skills of basketball (shooting, dribbling, and passing). This is a class that builds sportsmanship and leadership at a early age. Class Fee: \$15
 #43640 Jan 4-25 W 6:00-7:00pm
 #43641 Feb 1-22 W 6:00-7:00pm
 #43642 Mar 1-29 W 6:00-7:00pm
 #43643 Apr 5-26 W 6:00-7:00pm

Youth Cheerleading**Cheerleading - Cheer America**

Location: Kiwanis Park
 Age: 4-7yrs. 'Cheer America' is a fun and exciting cheerleading program for boys and girls. This program is designed to promote coordination, confidence, and physical fitness. The program will teach basic skills required for middle school and high school tryouts. Uniforms are optional and are

available to purchase from the instructor.

Class Fee: \$78

Ages 4-7

#41721 Jan 23-Apr 24 M 6:00-6:45pm

Ages 8-10

#41722 Jan 23-Apr 24 M 6:45-7:30pm

Ages 11-14

#41723 Jan 23-Apr 24 M 7:30-8:15pm

Returning All-Stars

#41724 Jan 23-Apr 24 M 8:15-9:00pm

Cheerleading - Pom Pom Fun

Location: Peach Road
 Age: 5-12yrs. Peach Road Community Center would like to invite children to learn, develop, and have fun being a Cheerleader! This program will teach young children the basics of cheerleading. ¡Vengan y pasen un tiempo feliz con nosotros en Peach Road. Aprende tecnicas basicas para ser pomsta. Class Fee: \$12
 #40967 Feb 6-Mar 13 M 7:00-8:00pm
 #40968 Mar 20-Apr 24 M 7:00-8:00pm

Cheerleading - Young Olympians

Location: Carolina Pines Community Center
 Age: 4-6yrs. A Young Olympians program that teaches cheerleading skills and promotes physical fitness, coordination, confidence and fun! *Students must try out for the All-Star course. (3 Payments of \$28 can be made. Contact Carolina Pines Staff for details) Class Fee: \$84
 #42324 Jan 25-Apr 26 W 6:00-6:45pm
 #42325 Jan 25-Apr 26 W 6:45-7:30pm

Youth Soccer**Soccer Saturdays**

Location: Worthdale Community Center
 Age: 6-12yrs. Learn to play soccer at an instructional session. Children are given the opportunity to learn kicking, passing, and ball control skills from an instructor. Games will take place after instructional session. Class Fee: \$5
 #43143 Apr 8-29 Sa 12:00-4:00pm
 #43144 Apr 15-May 6 Sa 12:00-4:00pm
 #43145 Apr 22-May 13 Sa 12:00-4:00pm
 #43146 Apr 29-May 20 Sa 12:00-4:00pm

Soccer Skills

Location: Millbrook Exchange Community Ctr
 Age: 6-9yrs. Come join to improve your child's soccer skills. This class will focus on the basic fundamentals of soccer: dribbling, passing, shooting, one-on-one, offense-defense, and drills. Class Fee: \$35
 #40952 Apr 6-27 Th 6:15-7:00pm

Youth Tennis**Tennis Jr Fall/Spring Team Bronze**

Location: Millbrook Tennis Center
 Age: 8-18yrs. This program includes a weekly practice and a Saturday match against city, club and subdivision teams. At practice you will work on strokes, shot combinations and singles and doubles strategy. The Saturday matches will last

for 1.5 hours. Call for tryout times for new players, 872.4128. Class Fee: \$45
 #43319 Apr 8-Jun 3 Sa

Tennis Jr Fall/Spring Team Silver

Location: Millbrook Tennis Center
 Age: 10-18yrs. Junior Team Tennis at the Silver level, for girls and boys who have had a lot of match competition experience. Typically these players are top middle school players or mid level high school players. Class Fee: \$45
 #43320 Apr 8-Jun 3 Sa

Tennis Jr Fall/Spring Team Gold

Location: Millbrook Tennis Center
 Age: 12-18yrs. Junior Team Tennis at the Gold level, for girls and boys who have had an extensive amount of match play experience. Typically these players are top area high school players who have done well in tournament play. Class Fee: \$45
 #43321 Apr 8-Jun 3 Sa

Tennis Jr Ladder Bronze Level

Location: Millbrook Tennis Center
 Age: 8-18yrs. Competitive singles ladder play for boys and girls at the Bronze level. This is the entry level of competitive play, usually the players who have recently started playing full court matches. You will be emailed an updated ordered list of the other participants and the ladder rules. Then, you can start arranging matches with the other players where you will accumulate points for playing matches. Players may join the ladder anytime during the first six weeks of the session. Class Fee: \$24
 #43322 Mar 6-May 1 M

Tennis Jr Ladder Silver Level

Location: Millbrook Tennis Center
 Age: 10-18yrs. Competitive singles ladder play for boys and girls at the Silver level. This is a high level of play, usually high school players and the best area middle school players. You will be emailed an updated ordered list of the other participants and the ladder rules. Then, you can start arranging matches with the other players where you will accumulate points for playing matches. Players may join the ladder anytime during the first six weeks of the session. Class Fee: \$24
 #43323 Mar 6-May 1 M 1:00-1:01am

Tennis Jr Ladder Gold Level

Location: Millbrook Tennis Center
 Age: 12-18yrs. Competitive singles ladder play for boys and girls at the Gold level. This is the highest level of play, usually the best area high school players. You will be emailed an updated ordered list of the other participants and the ladder rules. Then, you can start arranging matches with the other players where you will accumulate points for playing matches. Players may join the ladder anytime during the first six weeks of the session. Class Fee: \$24
 #43324 Mar 6-May 1 M

Tennis Jr Level 1

Age: 6-18yrs. No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Class Fee: \$88 / Saturday classes \$48

Millbrook Tennis Center

#43268	Mar 6-Apr 12	M,W	4:00-5:00pm
#43269	Mar 7-Apr 13	T,Th	5:00-6:00pm
#43270	Mar 11-Apr 15	Sa	9:00-10:00am
#43271	Mar 11-Apr 15	Sa	10:00-11:00am

Lake Lynn

#43367	Mar 11-Apr 15	Sa	10:00-11:00am
#43275	Mar 6-Apr 12	M,W	4:30-5:30pm
#43276	Mar 7-Apr 13	T,Th	5:00-6:00pm

Kentwood

#43278	Mar 6-Apr 12	M,W	4:30-5:30pm
#43279	Mar 7-Apr 13	T,Th	5:00-6:00pm

Tennis Jr Level 2

Location: Millbrook Tennis Center

Age: 8-18yrs. Requirements: Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand and backhand while playing points, full swing serve and overhead and good volley technique while playing points. To pass, players must successfully demonstrate these

techniques while playing a match. Class

Fee: \$88 / Saturday classes \$48

#43289	Mar 6-Apr 12	M,W	5:00-6:00pm
#43290	Mar 7-Apr 13	T,Th	4:00-5:00pm
#43291	Mar 11-Apr 15	Sa	10:00-11:00am

Tennis Jr Level 3

Location: Millbrook Tennis Center

Age: 10-18yrs. Requirements: Must use full swing on all strokes during match play to enter this class. This class focuses on topspin and underspin for all strokes and the slice on the serve. To advance to level 4, players must be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve. Class Fee: \$88 / Saturday classes \$48

#43302	Mar 6-Apr 12	M,W	5:00-6:00pm
#43303	Mar 7-Apr 13	T,Th	4:00-5:00pm
#43304	Mar 11-Apr 15	Sa	11:00am-12:00pm

Tennis Jr Level 4

Location: Millbrook Tennis Center

Age: 10-18yrs. Requirements: Must be able to hit topspin and underspin on both groundstrokes, underspin volleys and slice serves. This class will work on hitting all the above mentioned spins during match play. To graduate from this class, matches must be played using these shots. Class Fee: \$88 / Saturday classes \$48

#43309	Mar 7-Apr 13	T,Th	5:00-6:00pm
#43310	Mar 11-Apr 15	Sa	12:00-1:00pm

**Tennis Jr Level 5 - Advanced Drills**

Location: Millbrook Tennis Center

Age: 12-18yrs. Must be able to hit topspin and underspin during matches, this class has less instruction and more drilling. We don't work on your technique, we drill you to get your legs and heart pumping. Bring your water bottle and get ready to run. Class Fee: \$88

#43313	Mar 6-Apr 12	M,W	4:00-5:00pm
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Tennis Jr Match Play

Location: Millbrook Tennis Center

Age: 8-18yrs. This is match play. Players will be grouped for singles and/or doubles play during this 2 hour session. Must be able to play full court tennis to sign up for this class. Instruction will be minimal. Matches will be monitored by an on court coach. Class Fee: \$40

#43316	Mar 10-Apr 14	F	4:00-6:00pm
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Tennis Jr NJTL Level 1 Instruction

Age: 8-14yrs. This low cost tennis program is designed to prepare the youth of southeast Raleigh how to play the game of tennis and to be able to join an NJTL team or a Junior Team Tennis team in the summer. This may lead to high school team play, tournaments, college scholarships or teaching opportunities. Class Fee: \$15

Biltmore Hills

#43282	Apr 3-May 24	M,W	4:30-5:30pm
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Sanderford Road

#43283	Apr 3-May 24	M,W	5:30-6:30pm
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Worthdale

#43284	Apr 4-May 25	T,Th	4:30-5:30pm
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Carolina Pines

#43285	Apr 3-May 24	M,W	4:30-5:30pm
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Chavis

#43286	Apr 3-May 24	M,W	5:30-6:30pm
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Tarboro Road

#43287	Apr 4-May 25	T,Th	5:30-6:30pm
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Roberts

#43288	Apr 4-May 25	T,Th	5:30-6:30pm
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Tennis Jr Tiny Tots

Age: 4-6yrs. Eye-hand coordination games and fine motor skills are the focus of this fun introduction class. Class Fee: \$44

Millbrook Tennis Center

#43248	Mar 6-Apr 12	M,W	4:30-5:00pm
#43249	Mar 6-Apr 12	M,W	5:00-5:30pm
#43250	Mar 7-Apr 13	T,Th	4:30-5:00pm
#43251	Mar 7-Apr 13	T,Th	5:00-5:30pm
#43252	Mar 11-Apr 15	Sa	11:00-11:30am
#43253	Mar 11-Apr 15	Sa	11:30am-12:00pm

Lake Lynn

#43262	Mar 6-Apr 12	M,W	5:30-6:00pm
#43263	Mar 7-Apr 13	T,Th	4:30-5:00pm

Kentwood

#43265	Mar 6-Apr 12	M,W	5:30-6:00pm
#43267	Mar 7-Apr 13	T,Th	4:30-5:00pm

Tennis Jr Winter Workout - Tournament Level

Location: Millbrook Tennis Center

Age: 13-18 yrs. The winter Workout is designed for tournament level players who are looking to get into shape for the spring high school/tournament season. Players

Tennis Jr Winter Workout continued next page —

Tennis Jr Winter Workout continued —

will meet rain or shine to hit a large quantity of balls, work on conditioning, balance, speed and agility. Class Fee: \$168
#43412 Jan 3-Mar 2 T,Th 4:30-6:00pm

Teen Basketball

Outdoor Co-Ed Basketball League

Location: Sanderford Road Park
Age: 13-16yrs. Do you like playing basketball outside? If you say yes then come join the 4-on-4 basketball league at Sanderford Road Park. Class Fee: \$0
#42137 Apr 18-May 25 T,Th 4:00-8:00pm

Adult Basketball

Basketball - Adult Open-Play

Location: Halifax Community Center
Age: 16yrs and up. Adult basketball players can come out and participate in a few friendly pick-up games of basketball. Class Fee: \$0
#42395 Jan 8-Apr 30 Su 1:00-4:00pm

Basketball - Four Play Four

Location: Roberts Park Community Center
Age: 20yrs and up. A four play four league. Played the same as traditional basketball. Games are played full court and officiated by two officials. Teams may have a minimum of 7 players and a maximum of 10. Registration: February 27-March 10. Only 6 teams accepted. Class Fee: \$375
#42333 Mar 30-May 15 M,Th 7:00-10:00pm

Basketball - Over 30 3-on-3 League

Location: Green Road Community Center
Age: 30yrs and up. Over 30 3-on-3 basketball registration will be held from Mar 1-10. Games will be played on Tuesday nights in April and May. Class Fee: \$60
#42114 Fall Over 30 3-on-3 Basketball

Basketball - Womens Open-Play

Location: Halifax Community Center
Age: 16yrs and up. Just for women! Come out and enjoy the gym facilities. Class Fee: \$0
#42397 Jan 14-Mar 18 Sa 1:00-3:00pm

Adult Tennis

Adult Fall Tennis

Location: Lions Park Community Center
Age: 18-99yrs. Class setup for a older age just beginning to play to the game tennis. Basic technique will be taught to understand the proper procedure to hit a tennis ball and understand the game. Class Fee: \$25
#43566 Mar 4-25 Sa 12:00-1:00pm
#43567 Apr 1-22 Sa 12:00-1:00pm

Tennis Adult Doubles Ladder

Location: Millbrook Tennis Center
Age: 18yrs and up. Competitive ladder play for adult doubles teams. Teams play challenge matches for points. Teams may join the ladder anytime during the first six weeks

of the session. Ladder rankings will be updated and emailed to you each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Class Fee: \$30
#43382 Mar 9-May 18

Tennis Adult Ladder Men's 3.0

Location: Millbrook Tennis Center
Age: 18yrs and up. Competitive singles ladder play for 3.0 level men. Participants play challenge matches for points. Players may join the ladder anytime during the first six weeks of the session. Ladder rankings will be updated and emailed to you each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Class Fee: \$30
#43388 Mar 6-May 15

Tennis Adult Ladder Men's 3.5

Location: Millbrook Tennis Center
Age: 18yrs and up. Competitive singles ladder play for 3.5 level men. Participants play challenge matches for points. Players may join the ladder anytime during the first six weeks of the session. Ladder rankings will be updated and emailed to you each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Class Fee: \$30
#43389 Mar 6-May 15

Tennis Adult Ladder Men's 4.0

Location: Millbrook Tennis Center
Age: 18yrs and up. Competitive singles ladder play for 4.0 level men. Participants play challenge matches for points. Players may join the ladder anytime during the first six weeks of the session. Ladder rankings will be updated and emailed to you each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Class Fee: \$30
#43390 Mar 6-May 15

Tennis Adult Ladder 4.5

Location: Millbrook Tennis Center
Age: 18yrs and up. Competitive singles ladder play for 4.5 level men and women. Participants play challenge matches for points. Players may join the ladder anytime during the first six weeks of the session. Ladder rankings will be updated and emailed to you each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Class Fee: \$30
#43391 Mar 6-May 15

Tennis Adult Ladder Open

Location: Millbrook Tennis Center
Age: 18yrs and up. Competitive singles ladder play for men and women at the open level. This is the highest level of ladder play that we offer, and it mixes men and women into the same ladder. Participants play challenge matches for points. Players may join the ladder anytime during the first six weeks of the session. Ladder rankings will be

updated and emailed to you each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Class Fee: \$30
#43392 Mar 6-May 15

Tennis Adult Ladder Mixed Doubles

Location: Millbrook Tennis Center
Age: 18yrs and up. Competitive ladder play for adult mixed doubles teams. Teams play challenge matches for points. Teams may join the ladder anytime during the first six weeks of the session. Ladder rankings will be updated and emailed to you each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Class Fee: \$30
#43563 Mar 9-May 18

Tennis Adult Ladder Women's 2.5

Location: Millbrook Tennis Center
Age: 18yrs and up. Competitive singles ladder play for 2.5 level women. Participants play challenge matches for points. Players may join the ladder anytime during the first six weeks of the session. Ladder rankings will be updated and emailed to you each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Class Fee: \$30
#43383 Mar 6-May 15

Tennis Adult Ladder Women's 3.0

Location: Millbrook Tennis Center
Age: 18yrs and up. Competitive singles ladder play for 3.0 level women. Participants play challenge matches for points. Players may join the ladder anytime during the first six weeks of the session. Ladder rankings will be updated and emailed to you each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Class Fee: \$30
#43384 Mar 6-May 15

Tennis Adult Ladder Women's 3.5

Location: Millbrook Tennis Center
Age: 18yrs and up. Competitive singles ladder play for 3.5 level women. Participants play challenge matches for points. Players may join the ladder anytime during the first six weeks of the session. Ladder rankings will be updated and emailed to you each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Class Fee: \$30
#43385 Mar 6-May 15

Tennis Adult Ladder Women's 4.0

Location: Millbrook Tennis Center
Age: 18yrs and up. Competitive singles ladder play for 4.0 level women. Participants play challenge matches for points. Players may join the ladder anytime during the first six weeks of the session. Ladder rankings will be updated and emailed to you each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Class Fee: \$30
#43386 Mar 6-May 15

Tennis Adult Ladder Women's 4.5

Location: Millbrook Tennis Center
 Age: 18yrs and up. Competitive singles ladder play for 4.5 level women. Participants play challenge matches for points. Players may join the ladder anytime during the first six weeks of the session. Ladder rankings will be updated and emailed to you each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Class Fee: \$30
 #43387 Mar 6-May 15

Tennis Adult Level 1

Age: 18yrs and up. No experience needed for this class. You will work on full swing forehand and backhand groundstrokes, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Class Fee: \$88 / Saturday classes \$48

Millbrook Tennis Center

#43325	Mar 6-Apr 12	M,W	10:00-11:00am
#43326	Mar 6-Apr 12	M,W	6:00-7:00pm
#43327	Mar 7-Apr 13	T,Th	11:00am-12:00pm
#43328	Mar 7-Apr 13	T,Th	7:00-8:00pm
#43329	Mar 11-Apr 15	Sa	9:00-10:00am

Lake Lynn

#43338	Mar 6-Apr 12	M,W	6:00-7:00pm
#43339	Mar 11-Apr 15	Sa	9:00-10:00am

Kentwood

#43342	Mar 6-Apr 12	M,W	6:00-7:00am
#43343	Mar 11-Apr 15	Sa	9:00-10:00am

Tennis Adult Level 2.0/2.5 Drills

Age: 18yrs and up. Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. Must be NTRP 2.0 or 2.5 level. This class works on using full swing forehand and backhand while playing points, full swing serve and overhead and good volley technique while playing points. To pass, players must successfully demonstrate these techniques while playing a match. Class Fee: \$88 / Saturday classes \$48

Millbrook Tennis Center

#43346	Mar 6-Apr 12	M,W	11:00am-12:00pm
#43347	Mar 6-Apr 12	M,W	6:00-7:00pm
#43348	Mar 7-Apr 13	T,Th	10:00-11:00am
#43349	Mar 7-Apr 13	T,Th	7:00-8:00pm
#43350	Mar 11-Apr 15	Sa	10:00-11:00am

Lake Lynn

#43359	Mar 7-Apr 13	T,Th	6:00-7:00pm
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Kentwood

#43363	Mar 7-Apr 13	T,Th	6:00-7:00pm
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Tennis Adult Level 3.0 Drills

Location: Millbrook Tennis Center
 Age: 18yrs and up. Must be at the NTRP 3.0 level or use full swing on all strokes during match play to enter this class. This is a drills class using all of your strokes. Topics may include topspin and underspin and slice on the serve. To advance to level 4, players must be at the 3.5 level or be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the

serve. Class Fee: \$88 / Saturday classes \$48
 #43368 Mar 6-Apr 12 M,W 7:00-8:00pm
 #43369 Mar 7-Apr 13 T,Th 6:00-7:00pm
 #43370 Mar 11-Apr 15 Sa 11:00am-12:00pm

Tennis Adult Level 3.5 Drills

Location: Millbrook Tennis Center
 Age: 18yrs and up. Requirements: Must be at the NTRP 3.5 level or be able to hit topspin and underspin on both groundstrokes, underspin volleys and slice serves. This is a drills class which will work on all of your strokes. To graduate from this class, matches must be at the 4.0 level. Class Fee: \$88 / Saturday classes \$48.

#43375	Mar 7-Apr 13	T,Th	6:00-7:00pm
#43376	Mar 11-Apr 15	Sa	12:00-1:00pm

Tennis Adult Level 4.0/4.5 Drills

Location: Millbrook Tennis Center
 Age: 18yrs and up. Must be at the NTRP 4.0 level or higher or able to hit topspin and underspin during matches, this is a drill class which has less instruction and more drilling. We don't work on your technique, we drill you to get your legs and heart pumping. Bring your water bottle and get ready to run. Class Fee: \$88
 #43379 Mar 6-Apr 12 M,W 7:00-8:00pm

Tennis RATL Doubles League

Location: Millbrook Tennis Center
 Age: 18yrs and up. This is an NTRP level league for mixed doubles teams weekday evenings at 6:45pm. Team matches consist of 3 mixed doubles matches. Park, club and subdivision teams play one match a week on the same day each week. Matches begin the week of March 20. Teams must sign up in person or by mail. Class Fee: \$150
 #43394 Mar 20-May 15

Tennis Women's Morning Quadrants

Location: Millbrook Tennis Center
 Age: 18yrs and up. All matches are at Millbrook Exchange Tennis Center. Each week there will be eight courts of doubles matches. A player will play a total of 24 games in a round robin format-8 games with each of the 3 other players as a partner. The results will be used to adjust positions for the following week. The player with the most games won will move up and the player with the fewest will move down a quad. All players are responsible for being present or to have a substitute present. Class Fee: \$28
 #43945 Jan 4-Mar 1 W 9:30-11:30am
 #43393 Mar 8-May 17 W 9:30-11:30am

Adult Volleyball**Volleyball Forever**

Location: Lions Park Community Center
 Age: 16yrs and up. An evening of free-play volleyball that is meant for amateurs and volleyball lovers. Come out and get pumped up for lots of fun. Class Fee: \$0
 #41332 Mar 20-Apr 10 M 6:30-8:00pm
 #41333 Apr 3-24 M 6:30-8:00pm

Volleyball Open-Play

Location: Halifax Community Center
 Age: 17yrs and up. Enjoy playing volleyball with others in a competitive atmosphere? Then this is for you. Class Fee: \$0
 #42410 Jan 6-Mar 24 F 7:00-9:45pm

Seniors**3-on-3 Senior Adult Basketball**

Location: Method Road Community Center
 Age: 55yrs and up. Organized basketball for senior adults. Class Fee: \$0
 #43542 Mar 6-29 M,W 3:30-5:30pm
 #43543 Apr 3-26 M,W 3:30-5:30pm

Badminton & Table Tennis Free Play

Location: Optimist Community Center
 Age: 55yrs and up. Learn to play and practice badminton and table tennis. All ability levels welcome. Equipment is provided. Class Fee: \$0
 #42170 Jan 5-Apr 27 Th 11:00am-12:30pm

Horseshoes

Location: Non-City Owned Site
 Age: 55yrs and up. Practice your horseshoe skills with other adults. Equipment is provided. This activity takes place at Athens Drive High School. Class Fee: \$0
 #42176 Jan 3-Apr 29 T,Sa 9:00-10:30am

Shuffleboard

Location: Non-City Owned Site
 Age: 55yrs and up. Practice and play shuffleboard with other adults. Equipment is provided. This activity takes place at Athens Drive High School. Class Fee: \$0
 #42178 Jan 3-Apr 29 T,Sa 9:00-10:30am

Table Tennis Free Play

Age: 55yrs and up. Learn to play and practice table tennis—all ability levels welcome. Class Fee: \$0
Lake Lynn
 #42228 Jan 3-Apr 25 T 6:30-9:00pm
 #42229 Jan 7-Apr 29 Sa 9:00-11:00am
Method
 #42233 Jan 3-Apr 25 T 10:00-11:00am

Family**Billiards**

Location: Pullen Community Center
 Age: 5yrs and up. Come play pool in a quiet, family environment. A \$5 deposit and ID are required. Participants under the age of 16 must be accompanied by an adult. Class Fee: \$0
 #41002 Jan 2-31 M-Sa 7:30am-9:30pm
 #41003 Feb 1-28 M-Sa 7:30am-9:30pm
 #41004 Mar 1-31 M-Sa 7:30am-9:30pm
 #41005 Apr 1-29 M-Sa 9:00am-3:00pm

Facilities Listing for Map

Art Centers

16 Pullen Arts Center	•L
105 Pullen Road 27607	831-6126
7 Sertoma Arts Center	•L
1400 W. Millbrook Road 27612	420-2329

Lakes

49 Lake Benson	OPQ
Buffaloe Road, Garner 27529	662-5703
19 Lake Johnson	•MNOPOQ
4600 Avenet Ferry Road 27606	233-2121
20 Lake Wheeler	EJMOPQ
6404 Lake Wheeler Road 27603	662-5704
7 Shelley Lake	EGJNOPQ
1400 W. Millbrook Road 27612	420-2331

Special Facilities

3 All Childrens Playground /Laurel Hills Park	•BEG
3808 Edwards Mill Road 27612	420-2383
50 Anderson Point Park	•EM
10 Anderson Point Drive 27610	831-6640
9 Baileywick Road Park	•BEM
9501 Baileywick Road 27615	870-2911
5 Borden Building /Fletcher Park	GM
820 Clay Street 27605	831-6430
10 Brookhaven Nature Park	•K
5125 Berkeley Street 27612	831-6856
39 Buffaloe Road Athletic Park	BEW
5812 Buffaloe Road 27616	831-6836
32 Cedar Hills Park	•BCEFGHM
5600 Sweetbriar Street 27609	870-2880
33 Durant Nature Park	•EKMOQ
8305 Durant Road 27614	870-2871
22 Kentwood Park	BCEH
4531 Kaplan Drive 27606	
34 Marsh Creek Park	BMT
3016 New Hope Road 27604	872-4140
15 Method Pioneer Building	•
516 Method Road 27607	831-6066
26 Millbrook Exchange Off Leash Dog Park	U
1905 Spring Forest Road 27615	872-4156
26 Millbrook Tennis Center	•C
1905 B Spring Forest Road 27615	872-4129
35 Mordecai Historical	
1 Mimosa Street 27604	857-4364
11 North Hills Park	BCEMN
100 Chowan Circle 27609	870-2880
36 Oakwood Park	BMG
910 Brookside Drive 27604	831-6995
16 Pullen Amusements	•CEMOP
520 Ashe Avenue 27606	831-6468
12 Raleigh Little Theatre/Rose Garden	•
301 Pogue Street 27607	821-4579
37 Spring Forest Road Park	BCEGMN
4203 Spring Forest Road 27616	872-4140
16 Theatre In The Park	•
105 Pullen Road 27607	831-6936
38 Tucker House	•
418 N. Person Street 27601	831-6009
51 Walnut Creek Softball Complex	•B
1201 Sunnybrook Road 27610	250-2725
13 Williams Park	CEMR
6601 Leadmine Road 27612	420-2329

Staffed Community Centers

40 Biltmore Hills	•ABCDEGM
2615 Filtzgerald Drive 27610	831-6895
14 Carolina Pines	•ABCE
2305 Lake Wheeler Road 27603	831-6435
41 Chavis	•ABCDEMNW
505 MLK Jr. Boulevard 27601	831-6989
23 Green Rd.	•ABGRC
4201 Green Road 27604	872-4140
24 Halifax	AEG
1015 Halifax Street 27604	831-6378
1 Jaycee	•ABCEJMR
2405 Wade Avenue 27607	831-6833
2 Lake Lynn	•ABCNOE
7921 Ray Road 27613	870-2911
3 Laurel Hills	•ABEG
3808 Edwards Mill Road 27612	420-2383
25 Lions	•ABCEGMS
516 Dennis Avenue 27604	831-6995
26 Millbrook Exchange	•ABCDEGJMN
1905 Spring Forest Road 27615	872-4156
15 Method	•AEG
514 Method Road 27607	831-6066
4 Optimist	•ABCDEN
5900 Whittier Drive 27609	870-2880
17 Peach Road Neighborhood Center	•AEG
911 Ileagnes Road 27603	807-8545
16 Pullen Community Center	•A
408 Ashe Avenue 27606	831-6052
42 Ralph Campbell	•AG
756 Lunar Drive 27610	250-2757
43 Roberts	•ABCEGLM
1300 E. Martin Street 27610	831-6830
44 Southgate	•AEGM
1801 Proctor Street 27610	831-6719
27 Tarboro Rd.	•ACEM
121 N. Tarboro Road 27610	831-6505
45 Walnut Terrace	•A
111 W. Lee Street 27601	831-6155
46 Worthdale	•AFCE
1001 Cooper Road 27610	250-2730

Swimming Pools

40 Biltmore Pool	•
701 Crown Crossing Lane 27529	831-6736
41 Chavis Pool	
501 MLK Jr. Boulevard 27601	831-6565
21 Lake Johnson Pool	•
1416 Athens Drive 27606	233-2111
31 Longview Pool	•
321 Bertie Drive 27610	831-6343
26 Millbrook Pool	•
1905 Spring Forest Road 27615	872-4130
4 Optimist Pool	•
5902 Whittier Drive 27609	870-2882
16 Pullen Aquatic Center	•
410 Ashe Avenue 27606	831-6197
8 Ridge Rd Pool	•
1709 Ridge Road 27607	420-2322

Unstaffed Neighborhood Centers *

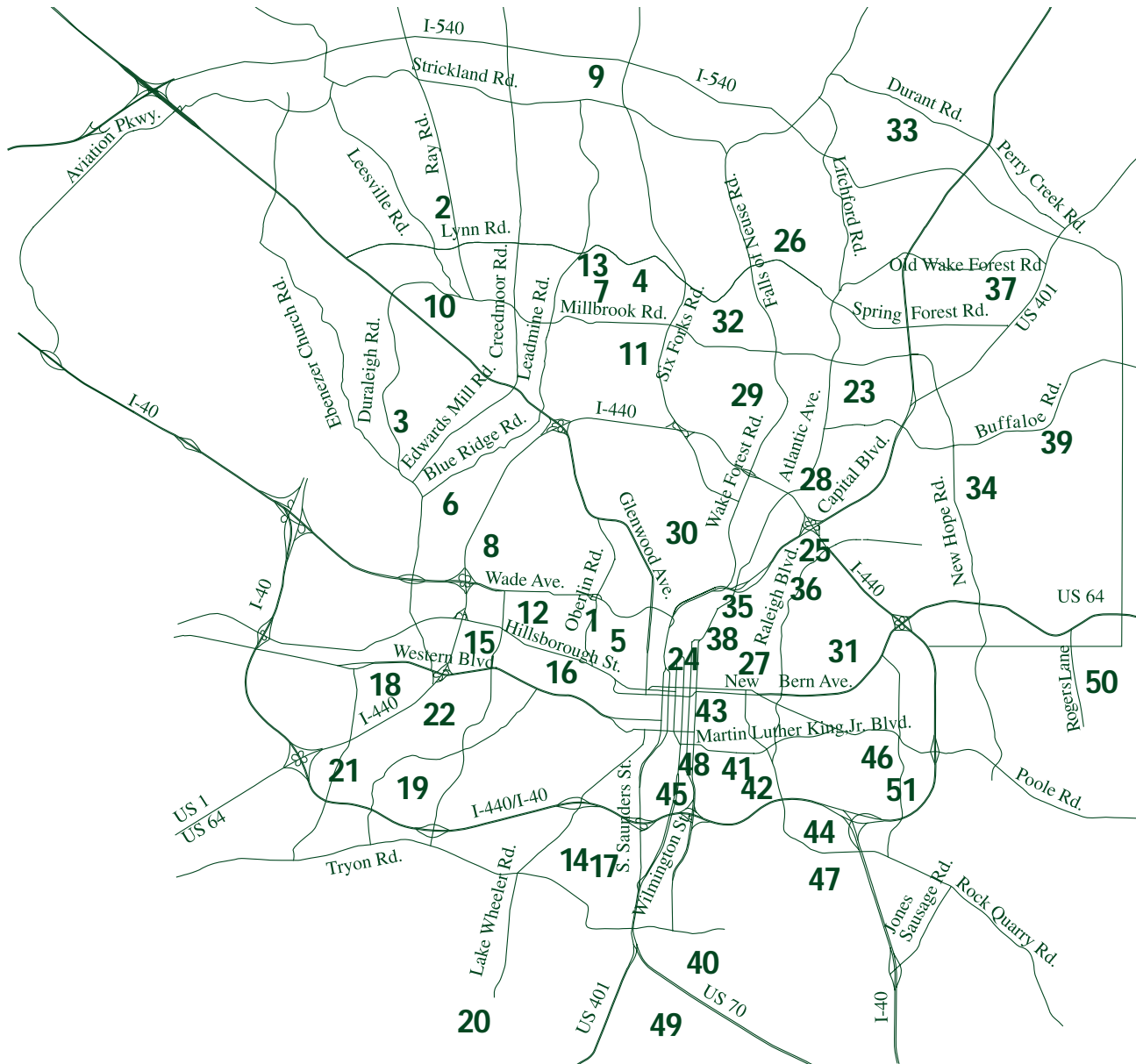
28 Brentwood c/o Green Road	•ABCEGM
3315 Vinson Court 27604	872-4140
29 Eastgate c/o Millbrook	•ACE
4200 Quail Hollow Drive 27609	872-4156
5 Garris Building c/o Jaycee	•ACM
820 Clay Street 27605	831-6833
6 Glen Eden Pilot c/o Jaycee	•ACM
1500 Glen Eden Drive 27612	831-6833
48 John P. "Top" Greene Center c/o Chavis	•A
401 Martin Luther King Blvd. 27601	831-6989
30 Kiwanis c/o Optimist	•ABEGM
2525 Noble Road 27608	870-2880
18 Powell Drive c/o Method	•ACEG
740 Powell Drive 27606	831-6066
47 Sanderford Road c/o Biltmore	•ABCEG
2623 Sanderford Road 27610	831-6895

* Inquiries and mail for unstaffed centers should be sent to c/o site.

Legend

- A Community Center
- B Lighted Ballfield(s)
- C Tennis Courts
- D Pool
- E Play Equipment
- F Mini Park
- G Outdoor Basketball
- H Frisbee Golf
- J Exercise Trail
- K Nature Study
- L Arts
- M Picnic Shelter
- N Greenway Trail
- O Lake
- P Boat Rental
- Q Fishing
- R Sand Volleyball
- S BMX Track
- T Inline Skating
- U Dog Park
- W Walking Track
- Handicap Accessible

Facilities Map



How do I Register?



Mail-In

Processing will begin on **Tuesday, December 6, 2005**

- Complete registration form. Please print clearly.
- Payment options include VISA, Mastercard, Credit on account, Money Order, or Check (made payable to City of Raleigh).
- Mail the completed registration form to the City of Raleigh Recreation site where the class or program will be held (unless otherwise noted).
- Registration receipts will be mailed.



Walk-In

Registrations will be accepted, beginning **Tuesday, December 20, 2005** at 9:00am

Immediate Confirmation

Beginning December 20, 2005 at 9:00am, bring your completed registration form and payment to one of our staffed Recreation sites during regular business hours.

- Payment options include VISA, Mastercard, Cash, Credit on account, Money Order, or Check (made payable to City of Raleigh).



RecLink Online

parks.raleighnc.gov

24 hours/day

Registration opens **Tuesday, December 20, 2005** at 9:00am

Immediate Confirmation

On Tuesday, December 20, 2005 at 9:00am, registration will open. RecLink allows quick, efficient registration online 24 hours a day, 7 days a week.

- Visit parks.raleighnc.gov and click on RecLink
- Have your Family PIN and Client Barcode ready.
- Payment options include VISA, Mastercard, or Credit on account.
- Full account payment is required to complete registration.
- Immediate confirmation will be provided once payment is complete.

Participant Last Name _____ Participant's First Name _____ Participant's Birthdate _____

Parent's Last Name _____ First Name _____

Mailing Address _____ City _____ State _____ Zip _____

Telephone _____ Business Phone _____ Email Address _____

Emergency Contact Name (other than parent) _____ Emergency Contact Phone Number _____

List any special needs which will require accommodations for participation

Program Registration Information - Please make copies for multiple participants or locations. Please use this form for registration, and mail to the facility where the class is held.

Last Name	First Name	Birth Date	Age	Sex	Course Barcode	Program Name	Start Date	Day	Time	Facility	Fee
											\$
											\$
											\$
											\$
											\$
*Non-City of Raleigh Residence Fee (per class)											
\$											
I would like to make a donation to support a child's participation in Raleigh Parks & Recreation Program (specify amount)											
\$											
Form of Payment (please circle) <input type="radio"/> Check # _____ <input type="radio"/> Money Order <input type="radio"/> Credit Card (Complete Credit Card Info. block below)											
Total \$											

Refund Policy

Pictures or video clips may be taken while participating in City of Raleigh activities for publicity. If you do not concur, please contact the Parks and Recreation Department.

Non-Discrimination Policy The City of Raleigh Parks and Recreation Department does not discriminate on the basis of race, color, national origin, sex, religion, age, sexual orientation or disability in employment opportunities or provision of services, programs or activities. A participant alleging discrimination on the basis of any of the aforementioned areas may file a complaint with either the Director of the Raleigh Parks and Recreation Department or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240.

City of Raleigh Release and Indemnity Agreement Whereas, the undersigned has requested the use of services, equipment, or facilities belonging to or under the auspices of the City of Raleigh, North Carolina, and to engage in activities for the executive benefit of the undersigned; and Whereas, the City of Raleigh does not wish to be liable for any damages arising from personal injury or property damage sustained thereby: Now, therefore, in consideration of the mutual promises and other good and valuable consideration, the undersigned does hereby for himself, his heirs, executor, employers, successors or administrator, and personal representatives:

- Participant Signature

Signature of parent/legal guardian if child is under 18

Registration Dates:

Mail-in December 6

Walk-in and ReLink December 20

"takemefishing"™

Remember the special enjoyment that you got from relaxing in the sun as you soaked in the beauty of nature, far away from the stress of your everyday life? The hours spent sharing stories with your grandfather, teaching your daughter to cast her line, laughing over childhood memories with your brother. Wouldn't you like to experience this again?

Raleigh Parks and Recreation offers numerous fishing opportunities. From our children's fishing classes to bass fishing tournaments to the Tackle Loaner Program and rental boats, we have something for everyone! The next time your child says "take me fishing" come visit one of the Raleigh Lakes, nothing can match the memories that your family will make and the bonds that you'll build while spending time on the water.

Passport to Fishing and Boating
Tarboro Road Community Center
Saturday, March 11 10am

Huck Finn Kids Fishing Derby
Shelley Lake
Saturday, April 1 9am

Look for other fishing programs on pages 6-7

Contact Information:

Richard Costello Recreation Program Director 919-831-6640



City of Raleigh
Parks and Recreation
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